

Dear friends,

For this year's Autumn an International event in Mexico is programmed, we are delighted to offer you, the opportunity to experience **The Power of Trust and Connection:**

"The Neurobiological Affects of Trauma and the healing Potential of Self-Compassion"

An exciting new module led by GTT senior teacher Diana Medina.

As always, each six-day module is open to anyone interested in experiencing this work in a longer retreat setting, including those new to HB. These Module provide a unique opportunity to deepen your process of Self-exploration.

For certified practitioners, this module can be used to meet your requirement for continuing professional development. And for those pursuing certification can be applied towards practitioner certification as an elective module.

WHAT AND WHEN

"The Neurobiological Affects of Trauma and the healing Potential of Self-Compassion"

Monday, September 14 to 19, 2020.

With **Diana Medina** and GTT MEX/USA staff.

This Module combines a ancient technologies that perfectly complement each other, as they foster entrance into deep states of consciousness, for the purpose of inner exploration and contact with the collective unconscious.

Holotropic Breathwork is a "technology of the sacred." This is an opportunity to deepen your process of self-exploration and directly experience the healing potential of non-ordinary states using this method.

You will meet like-minded people from around the world, and explore together in a safe and supportive environment. You will also learn useful tools and techniques for living a more creative and fulfilling life. Finally, you will have extensive personal contact with some of the best Holotropic facilitators worldwide. Those without prior experience of Holotropic Breathwork are always welcome.

See bio for Diana Medina here: [DIANA'S BIO](#)

VENUE

We will be welcomed for first time in to the marvelous Hotel Paradise Village Beach Resort, Spa & Conference Center, located In Nuevo Vallarta, Riviera Nayarit, Mexico, just 15 minutes of the Puerto Vallarta International Airport. This welcoming 5 Star Resort is one of the most stunning Hotels in Nuevo Vallarta, with Golf course, Spa, Marina and beautiful sunny and private beach.

Besides the wonderful accommodations and first class meals, in All Inclusive packet*.

*No including: Spa services, Gym, Golf sessions and alcoholic beverages.

Registration: Monday, September 14, 9:30 am. The module will start after registration, approximately 10:30 am
Departure from the venue: Saturday, September 19, 12:00 pm.

DAILY SCHEDULE: Except for the first and last days (see directly above), this will be the approximate daily schedule:

Breakfast:	8:00 - 9:00 am	Afternoon session:	3:15 p.m.
Begin:	9:00 am	Dinner:	7:00 p.m.
Lunch:	1:00 - 3:00 p.m.	Evening Session	8-10:00 p.m.

WHERE:

Paradise Village Beach Resort & Spa
Nuevo Vallarta, Riviera Nayarit
Mexico

www.paradisevillage.com

Puerto Vallarta International airport is 15 minutes away. Shuttle information provided upon request.

If you are already a certified HB practitioner, this event counts toward the requirement for continued professional development.

ACCOMMODATIONS: There are two rooming options: single and double. All rooms have bathrooms.

We hope to be able to accommodate everyone's first choice with rooming. If there are more singles requested than available, we will let you know that you will be in a double. Similarly, if an odd number of persons request doubles, the last person to register will be notified and he or she will be asked to pay the difference between a double room and a single room. If you are registering for a double room and have a roommate in mind, please let us know.

COST: Including training, room and meals - early registration by July 31 single \$1900, double \$1600, Registration after August 1st. single \$1950, double \$1750.

IMPORTANT: If we cannot give you your first choice of rooming, your fee will be adjusted to match the actual rooming situation you occupy. We will also do our best to match you with a roommate who is staying the same extra nights, but if that doesn't work out, the cost will reflect the actual rooming (single or double).

ADDITIONAL ACCOMMODATIONS FOR EXTRA NIGHTS SPECIAL FARE: Arrangements for one additional night's lodging before and after the module that is not included in your training fees and must be made through Holotropic Mexico on the registration form. Because we will be charged for it, if you have a cancellation or no-show for the extra night after the cancellation cut-off date for the module, we will not be able to give refunds or credit. Rates for extra night are as follows: Extra night before, All Inclusive: single \$110, double \$150 (couples). Check-in 3:00 p.m. Checkout 11:00 a.m.

MEALS: Will begin on Monday at lunch and until Saturday Breakfasts. All meals, snacks and drinks no alcohol in between are included, except room service.

Monday morning breakfast will be on your own unless you have a room for the previous night.

SPECIAL REQUESTS: Beyond asking if you are a vegetarian or Vegan, we can guarantee very special options vegan and vegetarian. Each buffet meal will offer many several choices, however, if having special food is important to you or you are celiac, please plan to bring what you need, all the rooms have kitchenette and all what you need for cook. And just a couple steps you can find a super marked with fresh vegetables and importation groceries (E.U).

TRANSPORTATION: There are commercial shuttle and Cab services available from the Hotel and Puerto Vallarta international airport.

WHAT TO BRING:

Comfortable and light clothes, Swimwear, walking and sandals shoes, hat, rain coat, personal journal, a lot of sunscreen, water bottle, lip balm. Keep in mind check the extended forecast weather – it is a sunny and hot time, so please bring sunscreen, a water bottle and layered clothing for warm mornings and evenings. Sorry, no pets allowed.

CANCELLATION POLICY: \$300 of your payment per each module is a non-refundable processing fee. The balance is refundable upon cancellation until August 10. There can be no refunds for any reason after that date. If you send a registration form without sending a payment, the cancellation policy still applies and you will be expected to pay any amounts due.

SUBSTANCE USE POLICY: Use of any alcohol, marijuana, non-prescription drugs or other illegal substances is not permitted during the training, including time off between modules, or at the training site. Anyone using such substances during the training or between modules or at the training site will not be allowed to continue in the training program or to become certified in Holotropic Breathwork.