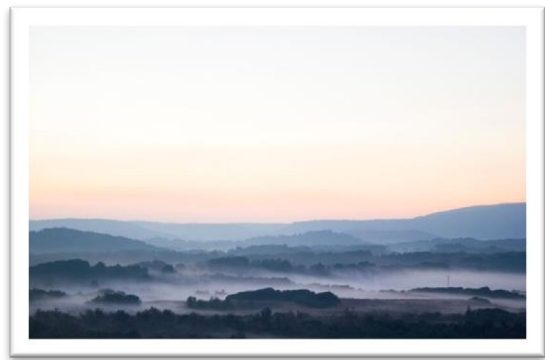


RECLAIM YOUR INNER STRENGTH



Discover how to master your emotions, anytime, anywhere and manage that critical voice within.

RETREAT DATE:

17H Friday 26th May – 15.30H Sunday 28th May 2017

DESCRIPTION:

Life can have its up's and down's.

It can bring amazing gifts and throw big challenges. It's during these challenging times that our emotions and negative chatter within shout even louder.

Contributing to even more stress, overwhelm, and feelings of being unworthy.

If you're looking to value your well-being, learn useful skills in managing emotions and enjoy even greater harmony within, here's your chance.

Using tried and tested techniques with NLP professional Emma Bradford; you'll learn emotional mastery skills you can keep for LIFE.

On this exclusive weekend retreat to the magical island of Menorca, you can enjoy the tranquil surroundings and practical classes taught by NLP expert Emma Bradford. During the last 5 years, Emma has supported individuals both in the UK & Spain to reprogram how they communicate to themselves at a deep unconscious level.

Lack of self-acceptance is one of the biggest issues in the world today. Often individuals searching 'out there' to numb the pain, using vices to feel short lived pleasure and satisfaction in life, longing to feel connected and accepted by others. It's when we stop rejecting ourselves, things can transform.

Using tried and tested NLP processes; you will learn skills you can keep for LIFE. Ways to easily manage your emotions anytime, anywhere and quieten the negative voice within.

Your whole-self wants to get in contact... fancy reconnecting?

This weekend gives you the chance to create the foundation and start integrating simple practices so you can leap into 2017 and beyond with the energy, harmony and vitality you desire. They say up to 95% of our behaviour is controlled by our unconscious mind... with NLP we can plant the seed and start embracing that potential within that has been longing to get in contact with you.

You will discover...

- What the Inner Critic is, where it comes from and effective practical tools to manage the negative chatter within
- How we can positively influence our life experience and manage our emotions anytime, anywhere
- A simple practice to realign and reconnect to your true self and inner strength
- And much more

What makes this special...

You will have the opportunity to enjoy a wonderful mix of insightful, practical seminars learning direct from Emma Bradford, delicious healthy food and free time to explore the incredible surroundings or simply unwind at your leisure. A relaxed weekend providing you the foundation into an even more loving and compassionate life with yourself.

Practical skills you can keep for life... making wholehearted living and self-care even easier.

Return home knowing how to live healthier, happier and stress free.

"I have to say that it feels amazing! I have always had difficulty with baseline depression and low self-esteem, among other things. But I never thought such a simple technique could change the manner in which I perceive myself in such a short amount of time. I really feel changes in the way I view the world changing my inner consciousness."

Will, previous Inner Critic workshop participant 2015

The Inner Critic is an expert and **Finding Excuses And Reasons** why we can't do something. Notice that if we act according to what it says, often we're simply keeping ourselves within a state of FEAR.

Time for some radical self-love don't you think?

FOOD/COUISINE:

Fresh local plant based meals and juices locally prepared and inspired by food energetic recipes of Montse Bradford. Creating harmony from the inside out.

PRICES:

Members of **BARCELONA NLP PRACTICE GROUP contact info@emmabradford.net for your exclusive offer BEFORE 1ST of March 2017**

EARLY BIRD €435 per person (before 15th March 2016)

FULL PRICE €545 per person (Closing date 15th April 2016 at 23H)



WHAT'S INCLUDED:

FRIDAY: Welcome freshly prepared juices on the terrace, evening sunset with dinner and guided group visualisation to reconnect to your inner strength

- **Friday Opening Ceremony & Guided Visualisation:** Set the intention for the weekend and beyond. Discover what's in store for the weekend and what you wish to gain from it. How do you wish to show up in the world? Rediscover your inner strengths and take them forward into the life you wish to experience.

SATURDAY: Breakfast, Exclusive 3 Hour workshop (**How To Manage Your Emotions Anytime, Anywhere**) with Emma Bradford, lunch, FREE time to explore surrounding island delights, evening sunset and dinner and Inner Critic breakthrough ceremony

- **Saturday 3 Hour Workshop: How To Manage Your Emotional State, Anytime, Anywhere.** (Theory, individual & group practices)
 - Introduction to NLP & how our brain works
 - How we create our emotions and practical tools to manage them
 - Using the mind/body connection to our advantage for greater health & wellbeing
 - And much more
- **Saturday Inner Critic Breakthrough Class:** A powerful breakthrough class where you can start transforming the Inner Critic through basic dance movements and creativity. Integrating the practice 'feel the fear and do it anyway' stepping fully into your Inner Strength feeling alive, uplifted and ready to embrace the world (suitable for all levels).

SUNDAY: Breakfast, practical 3 hour workshop (**How To Transform Your Inner Critic Into Your Inner Cheerleader**) with Emma Bradford, lunch, retreat closing ceremony

- **Sunday 3 Hour Workshop: How To Transform Your Inner Critic Into Your Inner Cheerleader** (theory, individual & group practices)
 - What is the Inner Critic? Where does it come from? Why do we have it?
 - Tip & tools on how to manage the Inner Critic.
 - How to heal the root cause, practical step by step process
 - And much more
- **Sunday Retreat Closing Ceremony:** Bringing the weekend to a close with a loving guided visualisation for even greater self-acceptance. A chance to connect with yourself and say thanks providing a great foundation to return home lighter, happier and stronger.



TIMETABLE OUTLINE:

DAY	TIME	ACTIVITY
FRIDAY	17H-18.30H	Welcome drinks on the terrace, guided visualisation
		Sunset & Dinner
SATURDAY		Breakfast
	10H-13.15H (with 15 min break)	<p>3 Hour Workshop: How To Manage Your Emotional State, Anytime, Anywhere</p> <ul style="list-style-type: none"> - Introduction to NLP & how the brain works - How we create our emotions and practical tools to manage them - Using the mind/body connection to our advantage for greater health & wellbeing - And much more <p><i>(Theory, individual & group practices)</i></p>
		Lunch
	15H-18H	Island Activities: Opportunity to enjoy one of the islands many beautiful beaches, hiking, yoga*, and /or a massage*)
	18.30H-19.45H	Evening check in & 1 hour BREAKTHROUGH class
		Sunset & Dinner
SUNDAY		Breakfast
	10H-13.15H (with 15 min break)	<p>3 Hour Workshop: How To Transform Your Inner Critic Into Your Inner Cheerleader</p> <ul style="list-style-type: none"> - What is the Inner Critic? Where does it come from? Why do we have it? - Tip & tools on how to manage the Inner Critic. - How to heal the root cause, practical step by step process - And much more <p><i>(theory, individual & group practices)</i></p>
		Lunch
	15H	Closing ceremony, guided visualisation

**Not included in retreat price below. Extra yoga/massages/airport transfers available upon request.*

ADDITIONAL EXTRAS:

Flights, airport transfers, optional yoga classes & massages.

****REGISTRATION CLOSES 15th OF APRIL 2017****

CONTACT:

More information and to reserve your place... www.emmabradford.net or email Emma directly at info@emmabradford.net



EMMA BRADFORD:

Trained in NLP, Hypnotherapy, Natural Nutrition & Life Energetics Emma Bradford uses her skills and expertise in helping individuals boost their self-esteem, self-acceptance, resolve inner conflicts, remove limiting beliefs and create a more loving relationship with themselves and/or food. She holds regular classes in the centre of Barcelona, workshops both in Spain & the UK and private 1:1 coaching sessions with clients worldwide. For more information, FREE resources and access to her complimentary online community visit her website www.emmabradford.net



