

2019 RETREATS IN PARADISE

BROUGHT TO YOU BY

The Retreat Specialists™ & 180° Wellness



THE STRESS TO STRENGTH RETREAT

With Drs John and Judy Hinwood

16th to 23rd March 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

STRESS IS A NECESSARY AND EVERYDAY PART OF LIFE. THERE IS 'GOOD' STRESS AND 'BAD' STRESS. MAKING STRESS YOUR FRIEND IS A MAJOR KEY TO THRIVING IN LIFE.

Once you understand the mechanisms of stress, we teach you how you can tap into the endless series of electrochemical feedback loops your brain is constantly running.

Too much stress from worrying or procrastination disrupts brain activity. We'll teach you how to re-set your brain in as little as 60 seconds using some unique evidence based neuroscience tools and techniques.

Harnessing the power of your subconscious mind makes you emotionally resilient. It's easy to learn. You will quickly understand that stress used wisely in your life, can enhance your health.

Join us on the beautiful island of Phuket a to move out of the 'stress spiral' and into the 'calm' with Drs John and Judy Hinwood, Global Leaders in Stress Management.

What can I expect?

Throughout the Retreat we will cover the areas of :

- Stress Undressed
- How to Move from Stress to Strength – Fast
- How to Hack Your Brain to Harness Stress
- How to take the stress out of Relationships
- How to Take the Calm Home with You

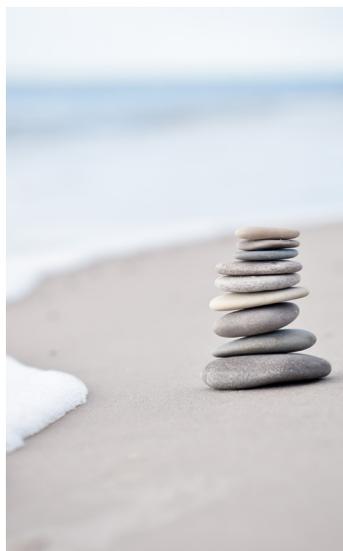
Stress Undressed

You will understand how your amazing body internally reacts to stress so you have an understanding of the power of your autonomic nervous system, your conscious and subconscious minds and the different types of stress. You will learn how too much stress and also how too little stress can affect your life. We explore the seven traits of people who exhibit emotional resilience and how you can 'make stress your friend'.

You will explore the deep power of the breath; understanding neuroplasticity so you 'become your own brain surgeon'; changing your words so you change your world; and how to develop tools and strategies that are life enhancing instead of life depleting.

You will learn the Universal Tool that can support you to move from stress to strength and into the calm, any time you choose.

We test your Stress Level at the start of Day 1 so you have your own benchmark at the start of your weeks journey. We will re-test you at the end of Day 5.



How to Move from Stress to Strength – Fast

Throughout the retreat we will demonstrate to you how to create bio-energetic interventions into your nervous system to create change, calm, strength and resilience. We'll check out the 4 common causes of stress and show you how you can move from a state of stress to a state of strength in a heart-beat. All done through some simple, sustainable, self-care, easy to use tools and strategies that you can apply immediately. These easy to use tools and strategies that we will share with you will enhance your emotional resilience to enable you to be grounded in stressful situations.

You'll learn how to catch your thoughts, words and emotions and convert the negative ones into positive outcomes. Research shows you need a 5:1 ratio of positive thoughts. Further to this you will learn the 7 common traits of people exhibiting emotional resilience, and then put them into place in your life to enhance your well being.

How to Hack Your Brain to Harness Stress

Too much stress damages us and can overwhelm us in every way, and if unidentified, and not handled, it can even kill us.

We will work through how to identify workplace and personal stressors and build resilience using tools and strategies to gain momentum over stress. These proven practices are based on the power of language and visualisation – the underpinnings of change. It begins with each person through the power of their mind engaging mindfulness. Tapping into mind and brain pathways makes for powerful and positive outcomes for enhancing well being in business and life.

You will learn about the power of fun and laughter, and proven techniques that you can apply in your daily life.



How to Take the Stress Out of Relationships

We are all made perfectly differently, and we all have our specific brain and mind pathways. Understanding the nuts and bolts of having an outstanding relationship makes a massive difference to your well being and happiness. Men’s brains and women’s brains are vastly different – news to you? We will have loads of fun exploring the differences. Learn easy tools and strategies to put zing into your relationships. We explore perfection vs excellence, sympathy vs empathy, giving and receiving and gratitude and the power of creating a common bond in our relationships. You will learn how to create more balance, peace and joy in your life through using easy meditation and visualisation techniques.



How to Take the Calm Home with You

Participants attending our presentations, training’s and retreats often comment that not only do they want to learn techniques, tools and strategies in their program, so they can build emotional resilience, but also, how they can take them home with them.



The techniques we share and teach, lead you to a state of calm, where you exhibit emotional resilience. This state of mind will stay with you as long as you keep using the techniques, tools and strategies in you personal and business life. You learn how to run your day, so your day doesn’t run you. At the end of the Retreat you will leave with your own Personal Tool Kit and your Stress to Strength Well being Strategy.

Over the length of the Retreat you will have learned and practiced your favourite techniques, tools and strategies many times over the five days, so you will know how to put them to work in a heart-beat, to create the life you want and deserve.

you are and not think of anything else – at least for a little time each day. We know that this experience will turn your resort stay into a sustainable long term transformation.

Who are Drs John and Judy Hinwood?

Dr John Hinwood is a global leader in stress management and emotional resilience. You will discover from this dynamic and energetic presenter that you can easily shift your current state of health to break free of the stress that is holding you back. John’s seasoned and perceptive approach allows him to draw from a formidable armoury of proven stress management solutions. This new approach of building emotional resilience is guaranteed to save you time, energy and money, so you can move to enjoy a heightened state of well being.

John is the Co-Founder of Stress to Strength®, the Stress Management Institute® and the Emotional Resilience Institute™. He is an international award-winning Stress Management Blogger.

Dr Judy Hinwood is a global leader in stress management. She and her husband John have lived through stress and have learned and developed teachings that work. Judy is now committed to teaching how to prevent and manage stress as it takes a ruinous toll on people’s lives and health. She teaches how to tap into resources that

renew body, mind and spirit so you become more emotionally resilient.

The integration of daily work activities and personal life will be enhanced as a result of attending her training’s and workshops or having been coached by her. John and Judy are cofounders of Stress to Strength®, the Stress Management Institute® and the Emotional Resilience Institute™.

The Program

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport John and Judy will be there to greet you during the check in process
2 Sunday	9.00am 1.00pm 7.00pm	Breakfast Stress to Strength Retreat Welcome You will be welcomed by the 180° Wellness Team who will introduce you to the Bliss Spa Cleanse and answer all your questions. Dinner – Thai Banquet – a fitting start to the Retreat
3 Monday	7.00am 10.00am 12.30pm 1-3pm 3-5pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Stress Undressed Lunch 2 hour spa treatments – 2 groups Dinner
4 Tuesday	7.00am 10.00am 12.30am 1-3pm 3-5pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast How to Move From Stress to Strength - Fast Lunch 2 hour spa treatments – 2 groups Dinner
5 Wednesday	7.00am 10.00am 12.30pm 1-3pm 3-5pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast How to Hack Your Brain to Harness Stress Lunch 2 hour spa treatments – 2 groups Dinner
6 Thursday	7.00am 10.00am 12.30am 1-3pm 3-5pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast How to Take the Stress Out of Relationships Lunch 2 hour spa treatments – 2 groups Dinner
7 Friday	7.00am 10.00am 12.30am 1-3pm 3-5pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast How to Take the calm and Wellbeing Home with You Lunch 2 hour spa treatments – 2 groups Dinner final - lets celebrate what we have learnt over the week with our last dinner together
8 Saturday	9.30am	Breakfast and Departures

Package Prices & Inclusions

The package price is outlined as follows

	Thai Baht	AUD	USD	Euro
Participant Single Room – Studio	฿98,800	\$4240	\$3197	€2697
Participant Shared 1 bedroom	฿90,897	\$3899	\$2797	€2497

Includes:

- All accommodation in a single share Studio Suite at Absolute Twin Sands Resort & Spa
- Transfers to and from Phuket Airport
- Complimentary transport to Patong Beach
- 7 Breakfasts, 5 Midday Meals, 1 Thai Banquet and 5 Evening Meals
- The Retreat Specialists™ Welcome Gift
- All workshops with John and Judy throughout the retreat
- Participation in the 180 Wellness Bliss Spa Package as outlined on the 180° Wellness website www.180wellness.asia – valued at \$3393 AUD
- Five x 2 hour spa treatment at 180° Wellness
- Daily detox (gentle) yoga
- Thai Tea ceremonies
- Daily energising juices and wheat grass shots along with Thai basil seed drinks
- Full use of infra-red sauna and gym
- A 1:1 consult with the Spa Manager to consult about Body Metrics
- All workshops
- Pre and post retreat contact
- A 180° Wellness Spa Welcome Pack
- Free shuttle bus to and from Patong Beach

Excludes:

- Flights and any additional accommodation outside of the retreat dates
- International Travel Insurance
- Tips to staff
- Extra spa treatments

To book please scan the QR code here to be taken to our booking page or visit www.180wellness.asia/retreats/join2019retreats/



About The Retreat Specialists™

The Retreat Specialists™ are formed of 26 years of experience in the retreat industry and brings together a range of Resorts with a wide roster of Retreat Facilitators curated by the Retreat Specialist Liesel Albrecht.

All Retreat Facilitators are experts in their field and bring together a unique program of expertly crafted retreats in a wonderful range of worldwide resort settings, providing those on holiday with a wide choice of wellbeing experiences, tailored to their needs.

The Retreat Specialists™ work in close collaboration with the resorts so that, together, we can provide guests with an unforgettable experience.



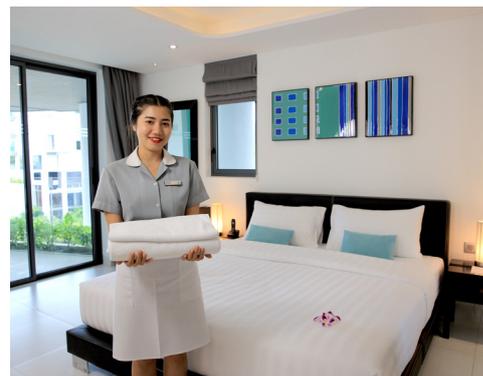
About Absolute Twin Sands Resort & Spa, Phuket, Thailand

Absolute Twin Sands Resort & Spa is a stunning resort with panoramic ocean views, contemporary apartments, outstanding dining and wellbeing opportunities and five-star service, all in a spectacular peninsula setting minutes from Patong on the stunning island of Phuket. Nestled between two perfect white sand beaches, every one of the 185 apartments and penthouses, available as studio, one and two bedroom, combine the best of contemporary design, architecture and furnishings to create a comfortably chic holiday retreat for couples and families alike.



About 180° Wellness

180° Wellness welcomes guests from all over the world who benefit from our nurturing, fun, educational and effective 180° Wellness programs. On a program with us, you will reap the benefits of a range of health, wellbeing and detox programs, the delicious nutritionally balanced cuisine consciously prepared by our in-house Nutritionist, our relaxing spa services, our carefully curated Yoga and Meditation programs, inspiring conversations and discussions on the principles of wellbeing, all in the comfort of our home, the stunning Absolute Twin Sands Resort & Spa, positioned between two fabulous secret beaches on the west coast of Phuket island.



Frequently Asked Questions

We are often asked a few standard things when people come to Thailand.

1. Will there only be Thai food to eat?

No, each program has a consciously curated menu under expert Nutritionist supervision. We offer a great fusion of foods at the resort restaurant and can cater for any dietary or allergy requirements.

2. How will I get from the airport to Absolute Twin Sands Resort & Spa?

When you book the resort will request your arrival and departure times and they will organise transfers. You will be informed of how to find your driver when you come out of the airport closer to the booking.

3. I won't know anyone so I am a bit nervous

The beauty of these retreats are that you don't have to share a room and the group will bond really quickly - we guarantee it - you will have 9 or more new friends within the first hour!

4. The program looks pretty full will there be any free time?

We will make sure of it. There are shuttle buses to Patong Beach that leave regularly and there will be plenty of time to lie by the pool. There will be lots of time for napping, chatting and shopping!

5. Can I stay longer?

Yes of course when you are booking let the resort know and they will book you accordingly and if you want to travel anywhere else in Thailand The Retreat Specialists™ can help with this.