

# THE MIND REREAT



## Your WELLBEING

We adopt a holistic approach so a number of therapies are offered and all with qualified local complementary health therapists. We run regular Rejuvenation Days.

What is a Rejuvenation Day? therapy sessions of around 40 minutes and a chance to relax in this spacious house with beautiful private courtyard and pool to relax by!

Natural Lift Facial Massage- The Natural Lift /Facial Rejuvenation Massage gives you a mini facial workout and also helps with relaxation and promotes self-healing and detoxification.

Reflexology -Focused pressure applied to the feet or hands to balance reflexes that correspond to all parts, glands and organs of the body. Relieves stress and promotes wellness.

Back, Neck and Shoulder Massage- neck and shoulder massage to ease away tension, stress and aches and pains.

Individual and group tapping (EFT) to relieve feelings of anxiety or stress or reduce an addiction like smoking- EFT involves lightly tapping on acupressure points whilst using focused affirmations to bring about dramatic personal change. Relieves stress and promotes wellness.

We give too many people the power to lower our vibrations. Stand true to your own frequency.



Yoga group (6 max)- Hatha yoga uses gentle stretches, breathing, and relaxation techniques to bring balance and harmony to mind and body. Ultimately, yoga is a practice which teaches self-awareness, helping us to become more present and giving us skills to take off the mat into our daily lives.

Alexander Technique- a method which helps a person discover a new balance in the body by releasing unnecessary tension.

## The Retreat

Gîte Les Coquelicots is a large stone country house set in the calm Tarn countryside. It is the perfect place to relax in the comfortable lounge, in the courtyard or by the pool in the large garden. Explore the retreat- <https://catvanackere.wixsite.com/gite-les-coquelicots/the-mind>

FOR MORE INFORMATION-

Email- [melissa.dev.21@gmail.com](mailto:melissa.dev.21@gmail.com) or call Melissa on 07 68 17 41 44 NOW!!!

# THE POWER OF YOUR AMAZING BRAIN

The conscious mind controls our brain only **5%** of the day, whereas the subconscious mind has a hold of our thoughts **95%** of the time!

You have **70,000** thoughts per day

Boost your brain power with Meditation, it's proven to increase IQ, relieve stress, and promote higher learning levels.

**conscious 5%**  
**subconscious 95%**

**66.66667% FAT**  
Your brain is two-thirds fat. Myelin, the protective sheath covering your neurons is **70%** fat. Eating fatty fish, green leafy vegetables, olive oil, avocados, chia seeds, flax seeds, and nuts, replenish your neurons and brain cells.

Loss of fatty acids EPA and DHA are linked to depression, Parkinson's and Alzheimer's

**Listen to Music**  
Studies have proven that listening to music strengthens the brain and literally changes the structure.

**Thoughts Are Real**  
Your thoughts cause biological and physiological effect - Your body responds to mental input as if it were physically real.

Individual sessions and workshops we also offer-

*Emotional Freedom Technique (EFT)*

*Diet Awareness in well being*

*Alcohol Awareness in well being*

*Stress and Anxiety Management Sessions*

*Facilitated Drumming for Anxiety and stress- a tool of nonverbal expression*

## Organiser and therapist

Melissa Martyn is a Health Practitioner- City and Guilds Certified, Registered Nurse/ITEC/Nutritional therapist/PTLSS/EFT Practitioner/Recreational Therapist. I have over 30 years experience of working in both the public and private health sector. I believe in an holistic approach combining mainstream and alternative therapies to help people. I am a qualified nurse and mental health tutor, and a qualified practitioner in nutrition, massage, EFT and even Energetic Healing!

*“My practice combines aspects of personal awareness in anxiety, diet and exercise, with the powerful energy-psychology technique of EFT. EFT involves lightly tapping on acupuncture points whilst using focused affirmations to bring about dramatic personal change. Emotional Freedom Techniques can be applied to make any of life’s challenges easier. Doing restorative activities such as Facilitated Group Drumming, Deep breathing, Personal Awareness and EFT at the retreat puts the brake on your fight or flight response, so you will feel less rushed and stressed.”*