

# John Gray's Mars Venus Cleansing Retreat

Spend personal time with Dr. John Gray, the Bestselling author of Men Are From Mars, Women Are From Venus. Learn new and effective communication techniques and insights for enriching all your relationships, while also exploring how you can create a lifetime of health, happiness and lasting passion. John Gray has spent over 30 years developing the ultimate wellness program. Not only does it include his innovative and unique approach for opening both the mind and heart, but also reveals a new practical philosophy of creating lasting health. The kind of natural health they don't teach in medical school.

Ultimately, all health problems are the result of stress, which is directly measured by cortisol levels. Learn from John Gray how food, nutrition, oxygen and specific exercises can immediately lower stress levels, while providing the foundation for lasting health and happiness. This along with his entertaining presentations of the differences between men and women will create the experience of a lifetime.

## *In this Wellness retreat...*

- Discover how to increase cooperation and support in your relationships
- Learn how to create the brain chemistry of health, happiness and lasting love
- Understand the secrets of reversing premature aging
- Discover John Gray's easy to learn fat burning and hormone boosting exercises
- Understand the different sources of stress for men and women
- Learn about the super foods and minerals for creating vitality and optimal brain chemistry
- Understand the secrets of getting what you want and wanting what you have at work, home and in the bedroom

## *How to Register*

To register phone, please phone (877) 564-6472 or (415) 381-8025 or email [retreat@marsvenus.com](mailto:retreat@marsvenus.com).

John Gray's teachings have become a powerful resource for people from all around the world...helping them achieve their highest potentials and making their heartfelt desires a reality. Participation in this course is a sign of your deep personal commitment to transforming your life.

## *Retreat Location*

The Seminars are located in Northern California.

## *Accommodations*

Hotel accommodations are not included in your registration fee. Upon registration, we will e-mail you a list of nearby hotels. Reservations should be made by contacting the hotels directly. Please contact Marcy at Mars Venus Customer Service for additional information; 877-JohnGray.

## *Travel*

The closest airports are Oakland and San Francisco. We recommend renting a car and driving north. There is no public transportation. It is about 180 miles, 4 hours of driving through the most beautiful countryside in the world.