

For Stress Reduction
Health Care
Education
Peak Performance &
Personal Growth



HOLISTIC HEALTH CLASSES &
DR. GORMAN

Bodhi Mind Therapy

Yoga * Hypnotherapy * Coaching * Meditation
Mindfulness Stress Reduction

Mindfulness Stress Reduction & Relaxation

An 8-week course integrating scientific evidence based mind/body wellness techniques and practices into your personal and professional life. **Training for: Stress Reduction, Health Care, Performance, Personal Growth and Education.** All levels are welcomed. Modalities include: Hypnotherapy/Guided Imagery, Yoga, Coaching, Mindfulness Meditation and Reflection. This is an invitation to learn and practice mind/body wellness techniques based on scientific evidence. Ask about Individual and Group Classes that can have a specific emphasis such as: Stress Reduction & Relaxation, Hormonal Imbalance (fertility and/or menopause), Loose Weight, Stop Smoking, and other related concerns of Diabetes, Pain Mgt, Lowering Blood Pressure, Immune System, etc.

These classes can also be geared for Athletes, Busy Executives and Students/Teens working to improve performance attainability/goals, confidence, self-esteem and leadership.

• **Positive affects** of practicing mind body wellness techniques and modalities can include physical, mental and emotional benefits as well as prevention. In addition studies have shown a deeper sense of clarity, insight, understanding, concentration, improved sleeping and calmness.

Stress can come from everyday life challenges such as: Work, Family, Financial/Economic Concerns, Illness, Uncertainty about Future, & School/College

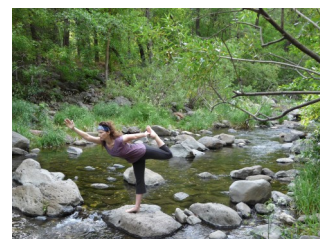
Class Modalities

- Hypnotherapy/Guided Imagery
- Yoga (breath, body, & poses cultivate calmness & stability)
- Coaching & Meditation
- Mindfulness Training
- Reflection is encouraged and guided

Class May Include

art, music, online forums, video downloads/cds Skype and workbook. *See evidenced based research:*

www.leadershipguidance.org



"A Balanced Body & Mind is Open to Meet Potentialities" Dancer Pose in Sedona

Yoga

Start the day off with sun salutations and poses bringing flexibility to muscles, strength to bones and the immune system, while gaining clarity, awareness and balance of body and mind. Carry calmness, concentration and body alignment into your daily life and work. All levels are welcomed. Yoga is an ancient practice, which connects the mind, body, and spirit

through body poses, controlled breathing, and meditation. Bring your mat, some water and be open to learn. The practice of yoga has many health benefits associated with it.

See Research on **physical & mental medical benefits, disease prevention, stress &**

symptom reductions

These tools improved my Mental & Physical Health & they can help you too!

Hypnotherapy/Guided Imagery

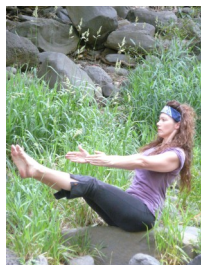
What is Hypnosis? Hypnosis is a form of guided visualization, deep relaxation or biofeedback exercises. It is a state of highly focused concentration in which you can access your subconscious. 90% of information is stored in the subconscious. Hypnosis is a state of hyper-awareness. **What does it Feel like?** Hypnosis is a deep relaxing feeling similar to a state between awake and going into sleep. **Hypnosis is accomplished how?** It can occur in a group setting or in an individual session with a hypnotherapist. **Benefits Include:** Lose Weight, Sleep Better, Stress Reduction, Peak Performance, Pain Mgt, Improve Immune System, & Fer-

Classes Registering Now!

- Yoga Classes
- Hypnotherapy/Guided Imagery
- Coaching-students/executives/moms/seniors
- Mindfulness Stress Reduction
- Meditation & Breathing Exercises
- Progressive Muscle Relaxation
- www.leadershipguidance.org
- 480-200-8590
- dr.gorman@leadershipguidance.org
- am/pm availability

Yoga Medical Benefits

Mental/Emotional—Yoga can retrain your mind to find a place of calmness and peace using a strong mind/body connection which matches your controlled breathing with body movements. A reduction in stress, hostility and depression brings a sense of control, a balance of mind and body, and a calming effect to our nervous and hormonal systems resulting in lower blood pressure. (Mood, Stress Reduction, Anxiety, Depression, Hostility Reduction, Self Acceptance & Control, & Concentration).



Navasana (Boat Pose) in the middle of Oak Creek

phatic and endocrine systems, and helps to balance metabolism, stimulates the parasympathetic nervous system which lowers blood pressure, slows breathing and allows for relaxation and healing; also improves flexibility and joint range of motion.

Symptom Reduction — Studies show yoga reduces asthma

Physical Benefits — Yoga is Frequently correlated with: building a stronger immune system, lowering of blood pressure, pulse rate, and increasing pain tolerance, blood circulation, cardiovascular endurance, massages internal organs, builds strong immune, lym-

symptoms, arthritis, multiple sclerosis, cancer (patients gain strength, raise red blood cells and can experience less nausea during chemo) migraines, sciatica, scoliosis, and back pain (yoga reduces spinal compression and improves body alignment to help reduce back

pain) menopause/ fertility and other hormonal issues.

Prevent Diseases — Studies show yoga helps prevent heart disease, osteoporosis, slows progression of Alzheimer's (via elevated GABA levels & meditation), reduces glucose & encourages insulin production in pancreas which can help prevent type II diabetes.

See Studies: www.leadershipguidance.org

Classes Specializing in Hormonal Imbalances & Fertility Issues



Hypnotherapy/Guided Imagery

Common Uses for Hypnosis:

Fears, Phobias, Health Issues, Pain Management, Weight Issues (eating disorders, loose weight), Stop Smoking, Sleeping Problems, Stress, Anger or other Attitude Improvements, Improve Performance (Sports, Public Speaking, Work), to Achieve just about any Goal, Confidence, Self-Esteem, Awareness, Learning, Hormonal Imbalances, Fertility Issues, Immune System etc.

Hypnotherapy is said to have the same effects as up to 4 hours of sleep.

What is the Subconscious Mind?

The Conscious mind is 15-20% of who you are. Habits and emotional desires formed in the subconscious mind at a early age. Hypnotherapist can use autosuggestions during

an hypnotic state to reprogram the subconscious mind favorable to your well-fare.

Why try guided imagery?

Guided Imagery allows you to imagine yourself in any setting that helps you feel calm, peaceful and relaxed. Guided imagery can help: healing, learning, creativity, performance, health, sense of well-being, control of emotions, thoughts and attitude. The mind/body connection can make us feel like we are experiencing something just by imagining it. Guided imagery works well when all five of the senses are engaged (touch, smell, taste, hearing, and sight). Use a CD, MP3 or a Hypnotherapist to guide you.

Coaching Benefits A holistic

approach to life style management providing awareness, clarity and facilitation in obtaining goals for individuals and organizations. A transformational learning environment is provided while being a catalyst for change and growth. Coaching helps facilitate change from a current state to a desired state.

Purpose of

Coaching?

To deepen the learning and forward action. Coaching is used for clarity and reaching goals. Coaching can take place over the phone, skype or in person. It is helpful for students, executives,

seniors and moms wanting change.

"A changed perception leads to awareness, awareness breeds personal growth, personal growth inspires positive change"

Dr. Loretta Gorman

Dr. Gorman is Certified in Yoga (Yoga Alliance), Hypnotherapy (Board Certified by the American Board of Hypnotherapy), and Coaching (ICF-International Coaching Federation). As a "Mind Body Wellness Practitioner", Dr. Gorman is able to use the modalities of hypnotherapy, yoga and coaching to provide clarity and performance attainability and body mind connection of physical, mental and emotional health to her clients. Bodhi Mind Therapy is a pathway in which Dr. Gorman invites you to learn and practice integrating scientific evidence based mind/body wellness techniques and

practices into your personal and professional life. Her background includes: over 15 years of experience in executive leadership positions within government, nonprofit and education. Dr. Gorman is a college professor at Grand Canyon University and University of Phoenix teaching graduate classes in leadership and management. Dr. Gorman is President of Leadership Guidance LLC and Founder of the Leadership Guidance Research Institute a

501c3 educational nonprofit. You can contact her and visit her website which has



Yoga at Cathedral Rock in Sedona. Take your Asana outside! Asana is Warrior II

research and scientific studies at: www.leadershipguidance.org Dr. Gorman's educational background includes: A Doctorate of Management in Organizational Leadership; A Masters in Public Administration; A Bachelor of Science in Sociology and a minor in business. These Techniques have improved my: health, allow me to be in the present moment and reduce my stress.