

# Unlock Your Potential!



- ▷ **Goals**
- ▷ **Relaxation**
- ▷ **Enhancement**
- ▷ **Attitude**
- ▷ **Training**

**G.R.E.A.T.** is the structure behind the successful MyndBodyGym™ system. Every MBG session is designed to allow each participant to set and achieve their individual goals while learning the skills that are used by professional and Olympic athletes around the world.

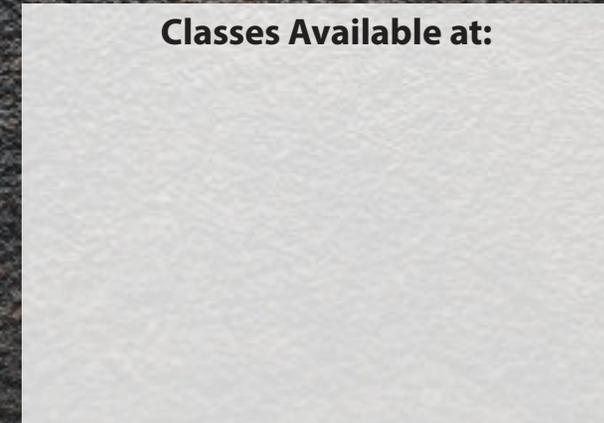
# About Us:



The Patient Whisperers™

The Patient Whisperers™ was founded by a group of experienced Licensed Healthcare Providers who believe that Complementary Medicine should be an integral part of providing comprehensive care to all. They are dedicated to helping enhance the lives of everyone using hypnotic techniques. Together, they have created and developed several groundbreaking programs to bring Mind/Body Medicine into the mainstream including Verbal Medicine™, Verbal SWAT™, VerbalDontics™, VerbalRescue™, MyndBodyGym™, and the CRNH™ nursing credential project.

Classes Available at:



## What Are You Missing?



## Find Out Now!



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# Why Use MyndBodyGym™?

Because “Will Power” alone cannot create a lasting change! It is only when you change your way of thinking you can make permanent and lasting positive change in your life! As a society, we are inundated with one common affliction...STRESS! Reducing this one aspect of life can give you numerous benefits in all areas of your life from health and happiness to success and satisfaction! Just like physical activities need to be learned and practiced, mental activities need to be trained and utilized frequently in order to enhance the benefits.



The use of **Sports Hypnosis** and **NLP** (Neuro-Linguistic Programming) in the MBG session has been proven to be a safe and natural way to successfully enhance your performance. **G.R.E.A.T.**™ are the pillars of the MBG system and allows your mind and body to work in harmony to achieve your goals.

## What Is MyndBodyGym™?

Your brain controls every cell in your body right down to the chemical releases so why not put it to work FOR you instead of against you?

MBG is the missing bridge between the physical and mental training used by most Elite athletes, Professional Sports and Olympic Programs to gain the competitive edge in their sport.

Training the body without MBG is like building a race car but not having a professional driver at the wheel, you can get around the track but not nearly as fast or as efficiently as you could.

**Sports Enhancement, Goal Achievement, Stress Reduction, Weight Loss, and Relaxation Training**, are just some of the endless possibilities for using MBG on a daily basis to improve your life! Its an easy, safe, and enjoyable way to better your performance in every aspect of your life. It only takes the same time as an average group class like Pilates or Yoga and can be offered anywhere there is a place to gather comfortably.

No special equipment is needed although a yoga mat or towel is recommended since you will be lying on the floor during the session. All levels and skills from beginner to professional can attend the same class and get what they need out of the session.

## Who Uses It?

**Here is a small sample of who have used Hypnosis and NLP:**

Wayne Gretzky, Dorothy Hamill, Kerri Strug, Greg Louganis, Tiger Woods, Mohammed Ali, Jack Nicholas, Gertrude Ederle, Nancy Kerrigan, Billie Jean King, Jimmy Connors, Dale Earnhardt, Allison Rodger, Billy Mills, Ozzie Smith, Steve Booker, Michael Jordan, Ingemar Johansson,, Rod Carew, Jimmy Connors, Mary Lou Retton, Phil Jackson, Nolan Ryan, George Brett, Maury Wills, Don Sutton, Mark Mcguire, Boomer Esiason, Freeman Mitchell, Talmadge Griffiths, Andre Agassi, Shaquille O’Neal, Frank Bruno, Kobe Bryant, Andy Cole, Dexter Jackson... Los Angeles Lakers, Chicago White Sox, Chicago Bulls, Pittsburgh Steelers, New York Jets, Toronto Maple Leafs, Toronto Blue Jays, Montréal Canadiens... and thousands of professional athletes belonging to the NBA, NHL, CFL, AFL, MLB, NASCAR, World Olympic Teams, MMA, UFC, WBC, WBA, WTI, ATP, PGA, UCI...

### ▶ Goals

You will learn how to set SMART goals. (Specific, Measurable, Achievable, Relevant, Time-based)

### ▶ Relaxation

You will learn how to properly relax using healing breaths and progressive body relaxation.

### ▶ Enhancement

You will notice enhancement in all areas of your life, including sports, wellness, personal life, and career.

### ▶ Attitude

You will learn to develop a positive and goal-oriented attitude that will help you be successful.

### ▶ Training

You will effectively train your mind to rewire pathways to positively influence your body.



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