

Monroe Institute – Weekend Outreach Workshop

(March 15 – 17, 2019)

Bay View Retreat ~ 1876 Morello Road, Nanoose Bay, BC.

“Gateway Excursion” is a weekend workshop developed by the Monroe Institute, a global pioneer in consciousness research. Having successfully developed a revolutionary technology enabling the safe and controlled alteration of human brain waves, the Institute has helped thousands of people around the world access profound states of relaxation and expanded awareness. This patented process known as Hemispheric Synchronization or Hemi-Sync®, makes possible the coherent balancing of both hemispheres of the brain into a synchronized harmony of whole-brain thinking.

For most people, the development of inner awareness and expanded consciousness can take many years of disciplined effort, but with Hemi-Sync®, this transcendent state can be achieved in minutes.

Through the use of stereo headphones or speakers, the gentle tones of the Monroe Institute’s Hemi-Sync® technology will peacefully guide participants into deepening levels of relaxation and awareness. It is from this profound state of “mind awake and body asleep,” that one becomes clearly aware that we are so much more than physical bodies.

Hemi-Sync Outreach Workshops have proven effective for:

- **Personal Growth & Empowerment**
- **Enhanced Meditations**
- **Restorative Sleep and Stress Reduction**
- **Increased Creativity**
- **Experiencing Transcendental States**
- **Facilitating Out-of-Body States**

Friday evening 7 - 9 PM, Sat & Sun 9:30 AM to 5:30 PM

Upon completion of the Gateway Excursion Workshop, graduates receive:

- **\$200 gift certificate for a residential program at the Monroe Institute in Virginia or Vancouver Island**



The Monroe Institute Outreach Hemi-Sync Workshops

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Eyes of an Angel



For information and registration, contact Paul Elder

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