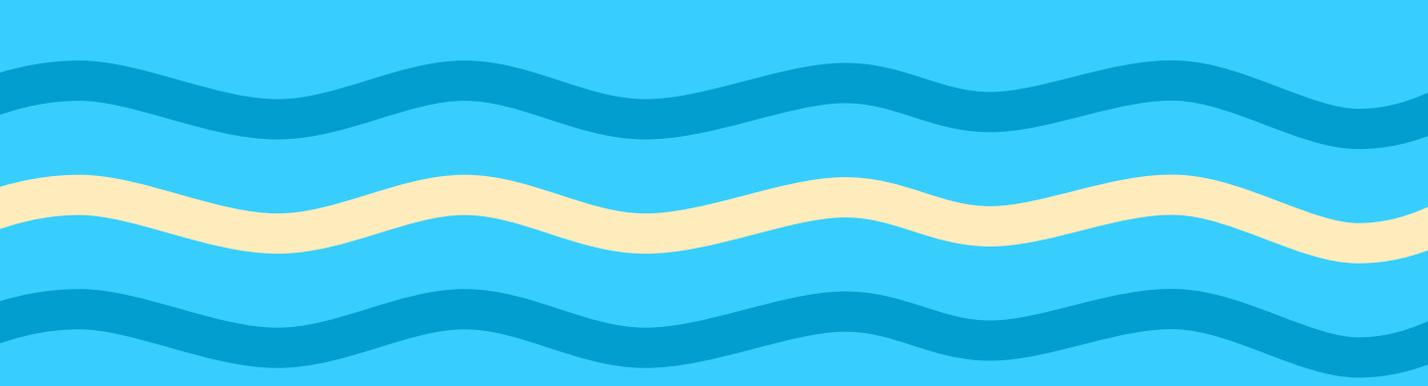


Change Your Beachcation & Change Your Life!

THE **5** SECRETS TO THE  
BEST **BEACH VACATION**  
OF YOUR LIFE



BeachTherapy®  
BEACH**THERAPY**.COM



## Discover Tried & Tested Tools Based on the Latest Beach & Brain Science

As a beach therapist and coach with 15 years experience, I love helping individuals, couples and groups of all backgrounds connect with the beach and themselves in ways they never dreamed possible.

**Imagine this:** Your best beach vacation ever becomes a deep and lasting life transformation! I did it. Many others have. Are you ready? **Let's beach!**



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# Your Reptile Brain Needs a Vacation Too

We are all hardwired to have alarm systems that trigger very easily creating fight/flight/freeze responses, just like reptiles. What does this have to do with the beach? Merely because we fly 5000 miles doesn't mean our brains and bodies get the message.

The quickest way to get the reptile part of your brain to calm down is to move...a lot. Our ancestors moved a half marathon a day (200,000 years ago with the same brains!), so our ability to relax is linked to our ability to burn off our alarm system—say goodbye to those excess stress hormones!

The best way? Move, move, and move some more. Any kind of movement that increases the heart rate is ideal, such as walking the airport before your flight, going for a run before that cocktail hour at the resort, or getting out of the comfy cabana to do some exploring.

If you're already an active person and you want to get the very most out of your beach vacation, step it up a notch. You'll tire the stress hormones and experience a new level of peace and enjoyment.

# Blue Spotting, Waves & Sky

Our brains LOVE the color blue and in particular the blue of the ocean and sky. Why? Because we evolved from the ocean to land. Neuroscience has shown definitively that looking at the ocean and sky (without any particular pressure to feel or see anything) consistently puts our brains in a meditative state.

The question often arises, so why can't I feel like this when I'm at the beach. The answer is that our inner baggage is pre-shipped (annoyingly) AND our reptile is still working hard, even at the beach. So if you get your reptile to rest, your ability to see and experience the various blues will improve dramatically in far less time.

The great news is that the more you practice this, the easier it becomes AND you can then do this at home too. After all, our brains actually don't distinguish whether we are at an actual beach or at our very own #InnerBeach.

# Ocean Breathing = Life Changing

We all know that mindfulness and breathing are good for us. (For the record I prefer the term kindness :) Scientists are discovering that there is a certain range of breathing frequencies that each of us have, that when we tap into, activate our Vagus nerve which tells our brain to not be in reptile mode and to go to the 'Rest & Digest' state.

Trying to manipulate the breath in my experience doesn't work very well and can be frustrating. Instead, begin by fully watching the waves go in and out. After doing this for a few minutes, close your eyes and focus on the sounds moving in and out, the sway of the ocean itself breathing. Then when your body is ready (it will do this on its own) let your body follow the lead of the ocean and watch your breath sync with that of the waves. When this happens you will naturally tap into your Vagus nerve.

The last step is to open your eyes and keep your attention on the movement of the waves with your eyes and ears, while noticing how your breath sways with the waves. When you find this rhythm you will know. I like to call it our Breathprint as no two are the same. P.S. You can do this at home too! :) If you would like a free guided (Beachitation - Beach Meditation) please go to our website.

# Beachfulness™ (Mindfulness on & about the Beach)

Whether you're an experienced meditator or mindfulness practitioner or you're new to the idea of mindfulness, Beachfulness™ increases the impact of mindfulness by introducing the power of the beach.

There are many different ways to experience Beachfulness™. I suggest you try what I call 'Touch Beach' practice. Touching Beach means you intentionally bring your full attention to the sense of touch. This can mean touching sand for 10 minutes, floating on the water or jumping waves or a combination of all the above. It can also mean lying on the sand, noticing how it feels to experience the warmth of the sun, as well as the feel of gentle breezes.

The science is clear. When we are physically touched (as mammals we need this) our brains release Oxytocin which calms us and helps us to feel cared for. Neuroscience is clear that whether we are touched by someone else, ourselves or by nature, our bodies and minds respond similarly. So give yourself the gift of fully touching and being touched by the sand, the sun, the sea. (You can also do this at home using sand, being in a salt bath, feeling the warmth of a light, even using a fan.)

## Kindify your Mind!

When the above tips have been implemented, our brains naturally relax and we have different thoughts and feelings. This is an ideal time to tap into our own inner wisdom and in particular notice the tone of voice in which we speak to ourselves. Usually our Beach Voice is much softer & kinder than our everyday work voice.

Notice the tone of how you speak to yourself when you feel relaxed, and perhaps journal or even draw in the sand whatever words you would find helpful to hear regularly. Then while playing in the sand, floating on the water or jumping waves, practice saying these words to yourself with all of the intention of being as kind as you possibly can. Our brains don't distinguish kindness from others and kindness from ourselves! Incredible!

Being able to generate a kind supportive inner voice with helpful messages is one of the greatest gifts we can give ourselves and amazingly it is much easier to access, develop and grow when at the beach. Have fun, be kind, get wet, notice the blue, ocean breathe...and remember that your newly developed #BeachMind is yours alone and will travel with you long after the vacation ends!

# Free Beach Therapy® Session

**BEACH DIFFERENTLY. LIVE DIFFERENTLY.**

For a few lucky people each month, I'm making my ***Intro to Beach Therapy Session*** available at no cost!

During our session, I'll reveal a brand new way (Beachfulness™) to connect with the beach on a much deeper level that leaves you feeling refreshed and rejuvenated. I'll also help you avoid the common obstacles that get in the way of having your dream vacation.

**To secure your spot while it's still available,  
click the button below. #BeachWishes**

**Free Beach Therapy® Session**

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