

Venus On Fire

Mars On Ice

Special Weekend with John Gray

Hormonal Balance –The Key to Life, Love and Energy

Spend personal time with John Gray, Ph. D. in this special 4 day event. 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 through balancing hormones. John has spent over 40 years developing the ultimate transformation experience. Not only does it include his innovative and unique approach for opening both the mind and heart, but also reveals a new practical philosophy in all aspects of your life; health, wealth, love and happiness.

Ultimately, all hormonal balance problems are the result of stress, which is directly measured by cortisol levels. Learn from John how new communication skills and specific supplements can immediately lower stress levels, while providing the foundations for lasting happiness and immediate transformation. John provides simple tips and practical knowledge you need to ensure a steady supply of feel-good hormones for you and your partner.

Venus on Fire Mars, on Ice Retreat provides groundbreaking insight into:

- The Unique ways that each gender deals with stress
- How the stress hormones harm our health and complicate our ability to relate to one another
- The important role of “superfoods” and good nutrition in replenishing hormones
- How balancing our blood sugar is intricately connected to balancing our hormones
- How achieving hormonal balance will not only improve our relationships but give us the strength and energy to cope with the challenges of our modern lifestyles.
- Why menopause –and “man-o-pause” don’t have to be the relationship stressors they currently are
- Understand the secrets of getting what you want and wanting what you have at work, home and in the bedroom
- Discover John’s easy to learn fat burning and hormone boosting exercise
- Focus on cleansing your body on 3 levels: physical, intellectual, emotional

In addition John shares his personal story on how to overcome inevitable obstacles to increase wealth and success.