



*Our V-hives centers are dedicated to awakening, equilibrium, community and love - located in Tulum Mexico, Woodstock New York, and Umbria Italy.*

[www.v-hives.com](http://www.v-hives.com)

## Hypnosis Training Program April 12-22 2024

**A retreat led by Peter Blum, Yoga by Corinne Gervai & Guided by Dror Ashuah**

The retreat will award you two certifications, giving you the tools and credentials to work as a Certified Hypnotist:

- (1) a certificate from the National Guild of Hypnotists, the largest Hypnosis organization in the world
- (2) The Coyote's Institute Department of Hypnotic Studies led by Dr. Lewis Mehl-Madrona, Peter Blum, and Barbara Maingud.

(This program is a general course outline and may change to support and improve flow of the training)

### **Friday April 12**

#### **Cacao Ceremony**

Folks arriving and getting settled.

1 p.m. Lunch

2:30 Intro circle

6:00 Dinner

8:00 Overview of training - setting intentions

## **Saturday April 13**

### **Tour at Inlakech Project**

8 a.m. yoga Breakfast

**10:30** What is hypnosis? Overview and underlying principles • Clarifying definitions and clearing up misconceptions • Presuppositions of an Ericksonian approach • Demonstration of induction

1:30 Lunch

**3:00** Demonstration of importance of “setting” for healing ritual

6:00 Dinner

7:30 Demonstration of learning to read physiological signs of change of state

## **Sunday April 14**

### **Tour Coba Pyramid**

8 a.m. Yoga Breakfast

**10:30** Pacing and leading - explanation and exercise • “artfully vague” and Precision (Meta) model • Demo of progressive relaxation induction • Students practice P.R. induction

1:30 Lunch

**5:00** Watch video • Hypnotic language patterns demonstration and practice

7:00 Dinner

## **Monday April 15**

### **Beach lunch afternoon shopping**

8 a.m. Yoga Breakfast

**10:00** Go over intro form - importance of set up (pre-talk) • Eliciting and refining target state

6:00 Dinner

## **Tuesday April 16**

### **Visit to Azulik Museum**

8 a.m. Yoga Breakfast

**10:30** Stories and metaphors • Narrative trance work • Demonstrations and student practice

1:30 Lunch

**3:00** Watch Erickson video

**4:30** Discuss video • Q&A

6:00 Dinner

**7:00** Hypnotic demo w/student subject

## **Wednesday April 17**

### **Sweat Lodge**

8 a.m. Yoga Breakfast

2:30 Lunch

**4:00** Teachings on ceremony and ritual as hypnotic events

7:30 Dinner

## **Thursday April 18**

### **Cenote visit and swim**

8 a.m. Yoga Breakfast

**10:30** Explanation of ideomotor signals • Demonstration of arm levitation • Students practice

1:00 Lunch

**2:30** Listen to recording of session while reading transcript

**3:30** Explanation of entrainment • Sonic Inductions • Demonstration of tuning forks - Basic tuners and Brain Tuners • Students practice w/tuning forks

6:00 Dinner in Tulum

## **Friday April 19**

### **Visit Tulum Ruins Shopping**

8 a.m. Yoga Breakfast

1:30 Lunch

**3:00** Introduction to Neurolinguistic Programming • Representational Systems explanation • Exercise to identify rep systems • Review pacing and leading

6:00 Dinner

**7:00** Sound meditation w/bowls

## **Saturday April 20**

### **Beach dinner at La Zebra sound healing at the beach**

8 a.m. Yoga Breakfast

**10:30** More on entrainment • Shamanic journeying as hypnotic work • Group shamanic journey

1:00 Lunch

**3:00** Watch Rossi video • Demonstration of content free work • Students practice

6:00 Dinner

## **Sunday April 21**

### **Closing Ceremony fire circle sharing music**

8 a.m. Breakfast

10:30 Yoga Demonstration w/student • Students practice w/each other

1:00 Lunch

**2:30** Review specific applications: Smoking cessation, Weight loss, Pain management

**4:00** Video Joseph Beautiful Painted Arrow

6:00 Dinner

**7:30** Past life regression • Life Between Lives • Karmic Contracts and Soul Agreements

## **Monday April 22**

### **Packing - Going Home**