
FOCUS

GET INTO THE RIGHT FRAME OF MIND WITH
TREATMENTS DESIGNED BY THE DOCTORS AT MOONVIEW
SANCTUARY, EXCLUSIVELY AT CASA DEL MAR.



MANAGEMENT OF CHRONIC PAIN CONSULTATION

A pain management specialist will guide you through simple and effective pain management and relaxation techniques that augment medical treatments. You will learn how to practice concentration, meditation and simple body stretches, derived from yoga therapy, to reduce pain and discomfort.

HARMONIZE YOUR HEART

Check out this easy-to-use device, which connects your heart rate to a computer via a finger attachment. On your own, you will practice optimal breathing techniques (directions are provided on a laminated sheet) while receiving continual feedback on your progress. Utilized by the Moonview Sanctuary, this is a simple way to learn how to reduce your stress levels.

HYPNOTHERAPY

A Moonview Sanctuary expert guides you through hypnosis and self-relaxation techniques to help you reduce stress, improve concentration, elevate your mood and sleep more soundly.

Note: Intensive hypnotherapy programs for smoking cessation and weight loss require multiple treatment sessions.

NEUROLINGUISTIC PROGRAMMING (NLP)

Popularized by Anthony Robbins, NLP is a highly effective counseling technique for facilitating personal growth, overcoming limiting beliefs and achieving goals. You will learn how to change your decision-making process to improve relationships, perform better at work and achieve personal satisfaction.

RESILIENCE AUDIO PROGRAM

Master stress and improve your life with this 4-CD program (260 minutes). Over six weeks, you will learn techniques to help you relax, set goals, manage time, prioritize, become more assertive, improve your self-esteem and much more. The program includes a simple biofeedback monitor for learning biofeedback and self-regulation. Available in the Casa del Mar gift shop.

THE MOONVIEW EXPERIENCE

Build upon the Moonview services offered at Casa del Mar by attending this half-day exploration of the mind-body-spirit connection, presented at the exclusive Moonview Sanctuary in Santa Monica. In a holistic environment of calm and beauty, you will learn about the advanced technology of neuroscience and biofeedback, and experience a personalized program designed to renew your sense of self.

