



# 4-D WHEEL HEALING RETREAT

HEALING FROM MEDICAL TRAUMA AND PAIN

**September 21-23, 2018**

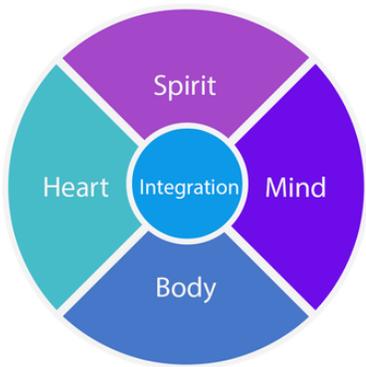
Friday night 7-9pm, Saturday 9am-5pm, Sunday 10am-1pm

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**Hawk Mountain Bed and Breakfast**

Kempton, PA 19529

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**Meanings**  
Connection ↔ Disconnection

**Thoughts**  
Clarity ↔ Judgements

**Integration**  
Ecstasy ↔ Despair

**Sensation**  
Pleasure ↔ Dysfunction

**Emotions**  
Love ↔ Heartbreak

Participants will be introduced to the 4-D Wheel Experience, originally created by Dr. Gina Ogden (4-Dnetwork.com). Dr. Milspaw will provide an educational review of how stress, trauma, and pain affect the mind-body experience and the most recent research demonstrating the power of the mind to heal the body. Utilizing the 4-D Wheel approach, participants will explore all aspects of their story, go deeper into their healing process, and experience a profound meditative journey. The 4-D Wheel Healing Retreat will provide specific techniques that participants can take home with them and continue to utilize on a daily basis. For more information about the retreat, the 4-D Wheel, and Dr.

Milspaw, visit [www.4dcounseling.com](http://www.4dcounseling.com)

**TO REGISTER:** SEND EMAIL TO: [dramilspaw@4dcounseling.com](mailto:dramilspaw@4dcounseling.com) OR  
SEND FORM AND PAYMENT TO: 701 West Union Blvd, Suite 2, Bethlehem, PA 18018

**\$550 PER PERSON**

Rate includes Friday night snack, all three meals on Saturday, and breakfast and lunch on Sunday.

To include overnight stay at the B&B, total cost is \$750