

AIRR

an experience in mindfulness

EXCLUSIVELY AT



Shutters
ON THE BEACH®
SANTA MONICA



CASA DEL MAR
HOTEL BY THE SEA
SANTA MONICA

etc

HOTELS

only at etc hotels

improve your response
to daily life challenges

achieve optimal
performance

make the choice to feel
good whenever,
wherever you choose

manage stress through
mindfulness, proven to
help every area of life

scientifically proven techniques

combining age-old practices with contemporary scientific information

Facilitated by John Sahakian

FOUNDER, CLINIC FOR INTEGRATIVE MINDFULNESS AND STRESS REDUCTION
OF LOS ANGELES



John Sahakian

C.Ht ERYT

a mentor for your mind

over 20 years of experience in stress management, John currently has clients ranging from corporate executives to stay at home parents

holds certifications in multiple stress reduction techniques including meditation, transformational breathing, hypnotherapy, and yoga

initiated by the Dalai Lama as 'a practitioner who works for the good of all beings' – a rare & distinguished honor.

for business and for life

John provides multiple simple and well-defined methods to improve the quality of your life through such techniques as:

stress
management

advanced relief

emotional
autopilot

knowingness

presence

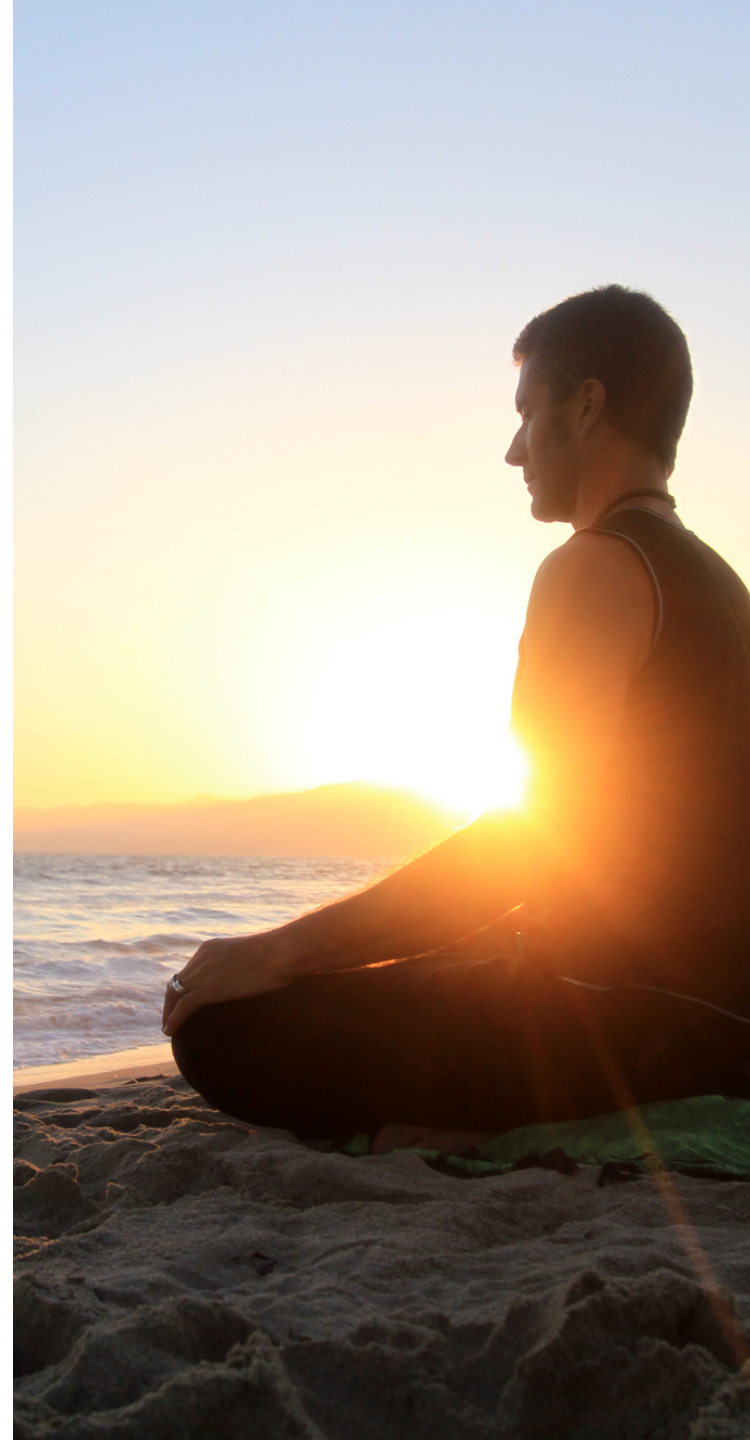


by AIRR and by sea

Shutters on the Beach and **Hotel Casa del Mar** in Santa Monica provide the **perfect beach side setting for this exclusive new mindfulness experience.**

Sessions may take place in meeting rooms, suites, poolside or on the beach.

The environment for each group experience can be customized based on the size of the group as well as desired group goals.



AIRR group rates

two hours

up to ten people**
\$1000

Introduction to AIRR, the 3 principles of Conscious/Mindful Stress Management (Body/Environment/Mind), Understanding the 3 intentions for relationships, personal & professional. Practice proprietary relaxation methods. Recommended for inspiring creativity and stress reduction.

three and a half hours

up to ten people**
\$1500

In addition to the two hour session previously described, the group will take part in an insightful exchange of experiences, as well as digging deeper into the practices of stress reduction and mindfulness. Recommended for team building.

** rates available for groups from 10 to 100 people available upon request
Cancellation fees 72 hours prior 25%, 48 hours prior 50%, 24 hours prior 100%.
Fee is \$150 for a 20 minute break out.
Room Rental Fees May Apply

AIRR group rates

twenty minute breakout

up to 100 people**
\$150 and up*

**Experience how quickly John's
techniques can bring bliss to any group.**

** rates available for groups from 10 to 100 people available upon request
Cancellation fees 72 hours prior 25%, 48 hours prior 50%, 24 hours prior 100%.
Fee is \$150 for a 20 minute break out.
Room Rental Fees May Apply

AIRR group rates

two-day retreat

up to 30 people
\$5000 (plus meals)

day one

three and a half hours

Introduction to AIRR, The 3 Principles of Conscious/Mindful Stress Management (Body/Environment/Mind and the 3 Intentions for relationships, personal & professional. Practice proprietary relaxation methods. Discuss various mindfulness/meditation approaches. Take lunch to a new level by experiencing Mindful Dining. Instruction on Mindful Sleep Preparation for that evening.

day two

three hours

Take part in insightful and always surprising relationship strategy exercises designed to help each individual be more mindful of their relationship with themselves, as well as others. Discussion of previous day's practice and discoveries. Practice group meditation.

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Cancellation fees 72 hours prior 25%, 48 hours prior 50%, 24 hours prior 100%.
Fee is \$150 for a 20 minute break out.
Room Rental Fees May Apply

A person is seen from behind, kneeling on a mat in a yoga studio. They are wearing a light-colored, long-sleeved shirt and dark shorts. The studio is filled with other people, some sitting on mats and others standing, all appearing to be in a yoga or meditation session. The lighting is soft and even, creating a calm atmosphere. The text 'proven results' is overlaid in a white, sans-serif font, centered horizontally and partially overlapping the person's back. A thin horizontal line is positioned below the text.

proven results

“AIRR will leave you feeling centered, relaxed, alive and rejuvenated. Each participant will leave with the tools to better manage resolution, stressful events, work challenges, relationships...basically everything in their lives.”

John Sahakian

learn more

To help your next group get more AIRR or for more details,
please contact Jenna Abrams at 310.458.0030

thank you!



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