



CHRISTINA ELENA McHUGH

Nervous System Educator

Breathwork • Sound Healing • Somatic Regulation

Where the Ancient East Meets the Wild West™

RECODE • RESET • RISE™



MY STORY



Healing wasn't something I learned.

It was something I lived.

After years of chronic stress, emotional survival, and carrying the weight of unprocessed trauma, I discovered something that changed everything.

The nervous system.

Not through medication.

Not through another diet.

But through breath...

movement...

meditation...

sound...

and ancient yogic practices

now being explored through modern neuroscience.

That journey led to a natural 100+ pound transformation—
but the greatest transformation wasn't my body.

It was finally feeling safe inside it.

Today I teach others how to create that same shift.



Christina Elena McHugh



WHY GUESTS LOVE THIS WORK



Today's luxury traveler is looking for more than relaxation.

They're searching for:

- ✓ Better sleep
- ✓ Less anxiety
- ✓ Emotional resilience
- ✓ Stress recovery
- ✓ Mind-body regulation
- ✓ Peak performance

My sessions bridge ancient yogic wisdom with modern nervous system science to create profound yet accessible experiences.



A woman with long dark hair, wearing a wide-brimmed brown cowboy hat, a blue necklace, a brown fringe top, a brown fringe skirt, and brown cowboy boots, stands in a grassy field with trees in the background. The sun is low in the sky, creating a warm, golden glow.

My Signature Experience

RECODE • RESET • RISE™



An immersive nervous system journey combining

- Breath Science
- Kundalini Yoga
- Restorative Yoga
- Meditation
- Somatic Awareness
- Sound Healing
- Frequency Therapy
- Guided Visualization
- Conscious Breath Retention
- Deep Relaxation



Every session is uniquely curated for your retreat guests.

What Makes My Work Different



Most wellness experiences focus on relaxation.

Mine focuses on regulation.

I bridge:



Ancient
Yogic Wisdom

— *with* —



Modern
Neuroscience



Helping guests understand
why they feel the way they do—
and how to change it.





A woman with long dark hair, wearing a yellow cowboy hat, a red and white strapless top, and a large, voluminous red tutu, is smiling and posing. She is standing next to a large, textured brown pillar. The background shows a desert landscape with green trees under a blue sky.



SIGNATURE MODALITIES

Ancient wisdom. Modern science. Real transformation.



Nervous
System
Education



Breathwork



Kundalini
Yoga



Restorative
Yoga



Hatha
Yoga



Yin
Yoga



Vinyasa
Yoga



Meditation



Sound
Healing



Planetary
Frequencies



Somatic
Regulation



Guided Breath
Assessments



Trauma-Informed
Practices



Nervous System
Reset
Workshops



SCIENCE MEETS ANCIENT WISDOM



TOPICS INCLUDE



The Vagus
Nerve



Polyvagal
Theory



Stress
Response



The Glymphatic
System



Conscious
Breathing



Breath
Retention



Sleep &
Recovery



Emotional
Regulation



Ancient Yogic
Breath Science



Modern
Neuroscience



Participants leave inspired... and educated.





— RETREAT —

OFFERINGS

— ♦ —

CHOOSE ONE... OR CREATE A
CUSTOMIZED EXPERIENCE.



Morning
Nervous System Reset



Women's
Nervous System Workshop



Sunrise
Breath Ceremony



Breath for
Better Sleep



Meditation
Journey



Stress Recovery
Intensive



Luxury
Sound Bath



Private
Guest Sessions



Restorative
Evening Experience



VIP Executive
Breath Coaching





TRANSFORMATION



BEFORE



AFTER

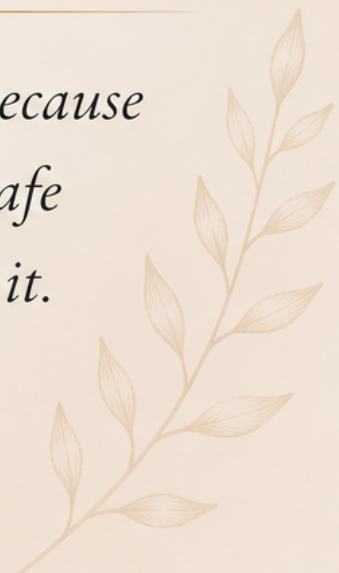
“

*I didn't lose
over 100 pounds
because I hated my body.*



*I transformed because
I finally felt safe
living inside it.*

”





CLIENT EXPERIENCES

BEAUTIFUL. ELEGANT. TRANSFORMATIVE.



“

*I'm breathing
like a baby again.”*



— Jo Travis, 81

“

*I finally
found hope again.*



— Caroline B.

“

*“Better than
a glass of wine.”*



— Retreat Participant

“

*“I've been holding
my breath
since 1959.”*



— Deidre
Wickenburg Ranch Client

“

*“Your website
alone convinced me.”*



— Judy
Licensed Therapist
The Meadows

“

“Renewed.”



— Heather Rebecca Wilson
The Cycle Starter
Podcast Host

“

*Working with Christina
I have experienced
more calm.”*



— Lorrie M.





CHRISTINA ELENA MCHUGH IS TRUSTED BY

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Licensed Therapists



Mental Health Professionals



Retired Physical Education Teachers



Professional Vocal Coaches



Yoga Practitioners



Executives



Healthcare Professionals



Wellness Communities



Private Clients



Luxury Resort Guests





Let's



CREATE SOMETHING EXTRAORDINARY

IMAGINE YOUR GUESTS...



Breathing deeply.



Sleeping better.



Feeling emotionally lighter.



Laughing.



Healing.



Reconnecting.



Leaving transformed.

That is the experience I create.

LET'S CREATE SOMETHING
Extraordinary



Let's Connect



Bring transformation
to your next retreat.



Inspire your guests.



Elevate your experience.



Create lasting impact.



SCAN HERE
TO CONNECT



I'd love to hear from you! 



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Nervous System Educator



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