

Relaxation & Self-Hypnosis

18th June Haigh Lea Therapy Rooms

Busy? Tired? Stressed? Always doing things for others?
How often do you get to spend time on true relaxation?

This day is designed to show you how to use Self-Hypnosis for relaxation.

You will:

- Learn about hypnosis, what it is, what it's not and how to use it
- Develop visualisation techniques
- Have a relaxing afternoon practicing and using Self-Hypnosis
- Learn how to use positive talk and suggestion to yourself
- You will leave confident in using Self-Hypnosis every day

Date: Saturday 18th June 2011

Time: 10.30am to 3.30pm

Venue: Haigh Lea Therapy Rooms, 22 Whitefield Road, Sale M33 6NZ

The day is affordable and great value.

So call me now on 07595 919566 to reserve your place!

Dina Zaman BSc(Hons), MSc

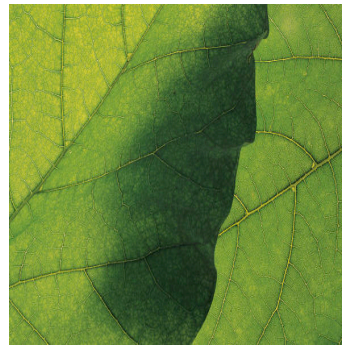
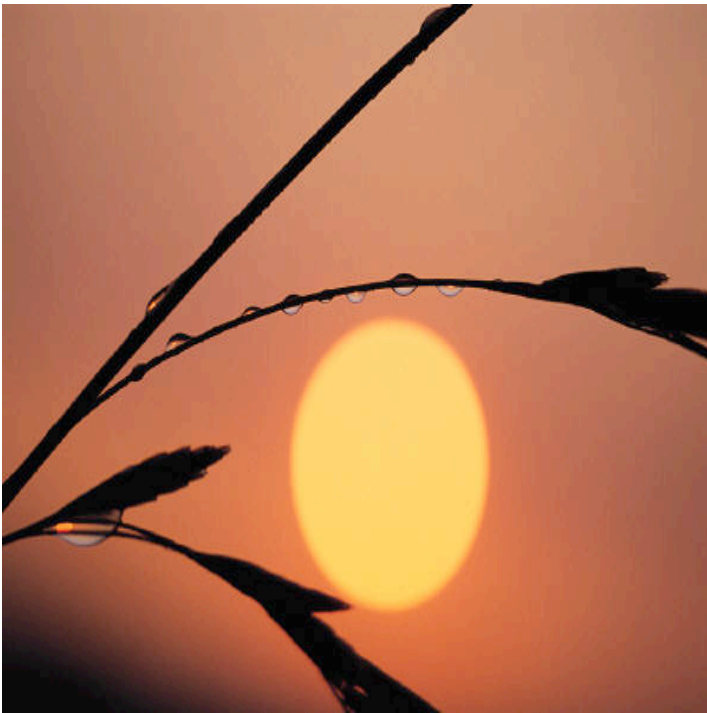
Trainer of NLP, Hypnosis and TimeLine Therapy™

Master Practitioner of NLP, Hypnosis and TimeLine Therapy™, Master Coach of NLP

Satori Coaching Limited

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