

Workshop on '*Self Hypnosis*'

Facilitator: Leona Fernandes - Faculty for California Hypnosis Institute of India since 2010. She also practices alternative therapeutic modalities like Reiki, Chakra Healing, Aura Photography and Past Life Regression therapy with Hypnosis being the first mode of treatment.

Self Hypnosis has given good results on the following:

- Concentration
- Memory
- Stress reduction
- Habit breaking and forming
- Basic fears like stage fear, etc.

Wednesday, 18th July 2012 from 5:00 pm to 8:30 pm

OPEN TO ALL ABOVE 14 YEARS

Fee: Rs. 2500/- per participant (inclusive of course material & refreshments)
Rs. 2200/- per participant for group registration of min 5 participants

For further details please contact:

Leona L Fernandes - 9960431362 OR Supriya A Kambli - 9822589301

Self Hypnosis for beginner's course offers a great tool for self development and considerable amount of personal resolution as the knowledge and practical exercises within the curriculum is known to give great benefits to help you deal with understanding how we perceive the world and then respond based on our perceptions. This is also a great tool for breaking old unwanted behaviour patterns and forming new ones.

The workshop is designed to explain the working of mind, the interplay of the conscious and subconscious mind, the way humans receive information, the phenomenon of Self Hypnosis, how to Induce yourself into a hypnotic trance, deepen it, understand how to form suggestions and how to use these Therapeutic Suggestions to deal with basic issues.

Some of the things where self hypnosis has given good results:

- Concentration
- Memory
- Stress reduction
- Habit breaking and forming
- Basic fears like stage fear etc.
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Eligibility criteria - anyone and everyone who is 14 years and more.

Call on 9960431362 for details, time to call 7.30-9.30 pm.

Or email on fleona@gmail.com