

Hypnotherapy for Anxiety & Stress Relief

Sept. 11 - Oct. 30, 2018 Tuesdays from 7:00-8:00 pm

Cost \$120 (\$108 members)

**Sign up for 8 weeks - Week 1 is complementary
Flex Passes and Drop In's Welcome**

During these 8 weeks you will:

- °Increase effectiveness in accessing your natural inner peace and calm
- °Through guided meditation enter an open and receptive trance state
- °Learn simple and highly effective tools for facing the stresses in everyday life.



Taryna Whidden,
Registered Hypnotherapist

With a Degree in Psychology, and Certification in Hypnotherapy and Meditation, Taryna feels an honour to show the world how productive relaxation can be and how powerful the human mind is.

- Week 1 - Generalized Anxiety treatment
- Week 2 - Overcome fear & anxiety
- Week 3 - Anticipatory Anxiety
- Week 4 - Positive thinking
- Week 5 - Positive attitude
- Week 6 - Care less what others think
- Week 7 - Change limiting beliefs
- Week 8 - Overcome perfectionism

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