

## Introduction to Hypnosis Workshop

All donations to go to the Harrow Teenage Cancer Trust



Registered Charity No. 1062559

Hypnosis can provide a powerful tool for your life.

It is an incredibly beneficial state, which can help to access your unconscious mind and generate solutions to problems and help you to break unwanted habits.

This interactive workshop will benefit you if you are thinking of using hypnosis to help with a symptom or just want more skills and tools to help you in various aspects of your life.

In this course you will:

- ✓ *Learn about hypnosis and how it can help you to reach your goals.*
- ✓ *Learn about the potential of your unconscious mind.*
- ✓ *Learn self-hypnosis for success and a centred mindset.*
- ✓ *Enjoy an inspiring and motivational session while helping a charity!*

Amanda will lead the workshop.

Visit [www.harrowhypnosis.com](http://www.harrowhypnosis.com) for more details about hypnosis.

Or call 0845 02 04 200 to book or for more details.

The price is **ONLY £25 ALL** of which will go to the Harrow TCT. If you want to donate more please feel free, as every penny will be donated directly to them.

**Date:** Monday 29<sup>th</sup> March 2010

**Time:** 10 am until 2 pm (registration 9:30 am)

**Venue:** Thanks to **Evans Easyspace** in Pinner who have been kind enough to donate use of their great meeting and training room facilities so we can maximise your Harrow TCT donation.

**Evans House, 107 Marsh Road, Pinner, Middlesex, HA5 5PA**

Only 25 places available. Invest in yourself – First come, first serve!