



HYPNOSIS FOR WEIGHT LOSS & EXERCISE MOTIVATION

All hypnosis is really a form of self-hypnosis. It is a tool that creates a relaxed state of awareness which slows our brain wave patterns down to bypass the conscious mind and directly access the power of the subconscious which governs our habits and behavioral patterns. This eliminates the struggle of relying solely on our willpower for behavioral change. Hypnosis can help overcome self-defeating limiting beliefs, negative self talk and memories of past failed attempts that can be sabotaging our efforts to change negative behavior patterns. Hypnosis can help erase past negative influences and establish positive belief patterns that can result in accelerated behavioral change. All that is required is an open mind, an imagination and a willingness to follow guided directions.

The client is fully aware during hypnosis which is often referred to as a state of hyperawareness. Hypnosis cannot make anyone do something they do not want to do or is totally contrary to your core belief system. The hypnosis client is in control at all times and can bring themselves out of hypnosis at any time during the process. The idea that people can be controlled with hypnosis is a misconception. A hypnotist is only a guide to help you achieve access to your subconscious mind and utilize its power to create changes in their life. Hypnosis is relaxing and fun. It isn't mind control.

We all know that regular exercise and healthy food choices are integral components in any weight loss program. The problem is motivation. Let hypnosis help you overcome obstacles to obtaining your goals!

This workshop will include a group weight loss/exercise hypnosis session, lessons on how to use self-hypnosis on a CD for home use

Fee: \$45.00

**The Center, 1 Hoffman St.
Pre-payment & registration is necessary
Contact The Center at 315.704.0319**



Your Instructor: Constance Heagerty, CHT

Connie is a mind/body de-stress educator who is certified in Yoga, Reiki, Tai-chi, Hypnosis and is a trained meditation instructor. She is a member of The American Board of Hypnotherapy, The International Association of Mind-Body Professionals and The Yoga Network.

www.TheCenter4Wellness.com