



Hypnosis For A More Successful You



- * Would you like to be able to change habits and beliefs that do not serve you well?
- * Would you like to be able to manage stress, eliminate fears & phobias, reduce anxiety?
- * Or would you simply wish to be better at everything you do with insight from your own mind?

Learn how Hypnotherapy can benefit you. In this session, you will hear facts about what Hypnosis Is, What It Is Not, the Functional Aspects of The Mind and how hypnosis can be used for self-improvement. You can have first-hand guided experiences of hypnosis in a relaxed, group environment. Then you also get to know about a therapeutic hypnosis system for success as an individual, and a self-hypnosis system that you can learn in order to remove negative thinking and instil positive programming.

This week's special: Enjoy a mini 'Mental Spa' treatment to Destress, Relax and Rejuvenate yourself.

Who Everyone above 18 yrs

Where MANDARIN GARDENS
CONDO, FUNCTION
ROOM, 13, SIGLAP ROAD,
UNIT 02-01.(ABOVE THAI
PAN RESTURANT)

When 11th NOV, 10.30-12:00PM
Registration: 10.15AM

What "A More Successful You:
Hypnosis Demystified"

Why TO LIVE LIFE TO YOUR
FULLEST POTENTIAL.

Cost FREE

**Register by
Email**

thewellbeingseries@gmail.com

Webpage

<http://thewellbeingseries.wix.com/mysite>

Facebook

The Well Being Series

Facilitated By

Uma Venkataraman Hypnotherapist &
Team –

Uma Venkataraman is a trained Master Hypnotist in 5-PATH® Hypnotherapy, a specialized method developed at the Banyan Hypnosis Training Center, USA. A certified member of the National Guild of Hypnotists, USA and the Association of Hypnosis Professionals Singapore, Uma also teaches the 7th Path Self-Hypnosis® method, a Mind-Body-Spirit approach for personal growth.