

Self- Hypnosis for a better life

Have you ever wanted to know how hypnosis could help you?

Have you ever wondered what would happen if you could access your resources more easily? Or get rid of some unwanted habits?

What if you could communicate more efficiently with your unconscious?

Self-hypnosis, which is a way of finding out, is the ability to induce a trance on yourself.

Some of the **benefits** that people have gained **from self hypnosis** are improved concentration, enhanced self-esteem, increased confidence, pain control and pain relief, reduced stress, elimination of unwanted behaviours and so much more, e.g. even lowered blood pressure!

So if you are interested in learning any of the above to improve your life, join us for just one day on the 17th of January in London.

By the end of the day, you will know:

- about your conscious and unconscious minds
- how to recognise when you or others are in trance
- at least three self-hypnosis inductions
- at least three hypnosis deepening techniques
- how to enter a relaxing trance
- how to use self-hypnosis to improve your life

Date: Saturday 17 January 2009, 10 am to 6 pm.

Venue: **Women & Health**, 4 Carol St, London, NW1 0HU.
A five minute walk from Camden Town station on the northern line or Camden Road station on the overground. Click [here](#) for a map.

Cost: £120 (Advance booking essential). Early bird £100 before December 31.
Concessions £80.

Tutor: **Florence Divet**, Hypnotherapist, GHR certified, and NLP trainer.

For further information or to reserve a seat, please call Florence on 020 8144 4588 or 07985 971000 or email her to florence@hypnosisforabetterlife.co.uk.

Self-Hypnosis for a better life – Booking form

First Name: Last Name:

Address:

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Postcode: Email:

Tel: Mobile:

I understand that it is my responsibility to notify Florence Divet and Hypnosis for a better life, of any diagnosed psychological conditions that I suffered or I am still suffering from, and any medication that I am taking that may affect myself or other workshop participants.

In addition, I confirm that I do not have:

- epilepsy (as in rare occasions hypnosis is thought to trigger attacks)
- and a history of psychosis, i.e. schizophrenia or other serious psychiatric problems.

Date:

Signature:

I enclose a cheque of £120 (or £100 if application sent before December 31, 2008) payable to Florence Divet or contact us on 020 8144 4588 or at info@hypnosisforabetterlife for payment by bank transfer.

Please send your complete booking form with your payment to the address below:

Hypnosis for a better life
60 Glenarm Road
London E5 0LZ

Terms & conditions

- 1) Full booking will be due for any course unless cancellation is received in writing at least seven days prior to the course.
- 2) The course programme is correct at the time of going to press, but it may occasionally be necessary to make changes to the content, speakers, and/or venue.
- 3) If the course is cancelled, Florence Divet and "Hypnosis for a better life" will refund the course in full, but will not be liable for any additional or related costs incurred by attendees.
- 4) Acceptance on course is contingent about assessment of suitability and subject to our discretion.