

Workshops 2017



Hypnosis is a heightened state of awareness, providing the opportunity to receive positive suggestions that can improve your life, relationships and work outcomes.

Hypnosis is a Natural State of Mind (bring your brown bag lunch)

Find out how hypnosis works and if it's a modality that can assist you in reaching your goals.

Take back control!

Jan 12, 12:00-12:45pm

March 12, 12:00-12:45pm

May 16, 12:00-12:45pm

June 14, 12:00-12:45pm

Oct 3, 6-8pm

Nov 15, 12:00-12:45pm

For more information or to register call

952-934-1315

There is no charge but seating is limited, so don't procrastinate!

The FARE Hypnosis Center
8353 Crystal View Rd Suite 201
Eden Prairie, MN 55344
www.FAREHypnosis.com

Jan 10, 6-8pm - It Takes More than a Resolution

Tired of making the same resolution every year? Hypnosis helps you get rid of old beliefs that stand in your way of checking them off your list permanently. Understanding how your mind works paves your way to success!

Feb 7, 6-8pm - I Didn't Grow Up to Be a Hypnotist: Ready for a New Career?

Looking for a change in your work life? To make a difference in your life and the lives of others? Find out what it takes to be a great hypnotist!

March 21, 6-8 pm - Parents are Hypnotists, Too

Childhood is when attitudes, beliefs and values form in your child's mind. Your words and actions are important! Learn how to be that positive influence that shapes your child's life.

April 11, 6-8pm - Hypnosis for Medical Personnel

Whether an ER or trauma specialist or EMT, learn how to use hypnotic techniques to take control. Lower the stress level and improve recovery times and the health of your patients.

May 16, 6-8pm - Hypnosis and Your Golf Game

Bobby Jones said "Golf is played on a 5 1/2 inch course between your ears." Use hypnosis to gain confidence, leave the last hole in the past, and shave a few strokes off your game.

June 13, 6-8pm - Stop Letting Stress Manage *You* - Take Back Control!

Stress is an underlying factor of 90% of all hospital and doctor visits. It wreaks havoc with our business bottom line and our 'body' line. Use hypnosis to help you take control of *yourself* when everything around you seems out of control.

August 29, 6-8pm - Turn the Volume Down on Your Pain

There is no 'pain center' in your brain. You can control how you experience pain and learn how to turn down the volume with hypnosis.

Sept 19, 6-8pm - Improving Test Taking and Study Skills

From teens to grown ups, hypnosis can improve your focus, memory, ability to recall information, and build confidence.

Nov 15, 6-8pm - Sleep Like a Baby with Hypnosis

Sleep is essential to our mental and physical health. Self hypnosis is one of the easiest and quickest tools to use for a good night's sleep. Learn self hypnosis to provide you with a healing, refreshing night's sleep every night.