Workshops 2018

Hypnosis is a heightened state of awareness and focus, when you are receptive to new thoughts and ideas for reaching your goals.

For more information or to register call

952-934-1315
or book online at <u>eventbrite.com</u>

Tickets are $25 in advance, $30 at the door
Seating is limited to 24,
so don't wait to sign up!

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

Jan 9, 6-7:30pm – **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.

Feb 6, 6-7:30pm – **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.

March 8, 6-7:30pm – **Hypnosis for Medical Personnel**
Whether a doctor, nurse, ER or trauma specialist, or paramedic, learn how to use hypnotic techniques to take control. Lower the stress level and improve recovery times and the health of your patients.

April 10, 6-7:30pm – **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.

Sept 10, 6-7:30pm – **Improving Test Taking and Study Skills**
From teens to grown ups, hypnosis can improve your focus, memory, ability to recall information, and build confidence.

Oct 18, 6-7:30pm – **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.

Nov 6, 6-7:30pm – **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.