



Hypnotherapy for Living and Strategic Therapy

Mind Power Workshops for positive change

Two inspiring and practical half-day workshops on
Saturday 23 January 2010 in The Lanes, Brighton



Do you think about food all the
time?

Are you tired of dieting only to
see the weight go back, plus
more?

HEALTHY WEIGHT LOSS: CHANGE THE WAY YOU EAT FOR GOOD 2-4.45PM

What would it be like if you could find a lasting solution to get you off that dieting rollercoaster? With our specially designed Mind Power workshop, you can find that solution. During this practical half-day you will learn effective ways to improve your relationship with food and with yourself:

- find your natural, ideal weight easily and effortlessly
- transform the way you think about food forever
- become free from emotional eating
- enjoy the foods that nourish, calm and satisfy you
- be guided by your body's own natural ability to eat when you're hungry and stop when you're full.

Enquires and further information: Contact Sarah Turner
(Tel 07783 994545 E mail sarah@strategictherapy.co.uk) Web www.strategictherapy.co.uk

The event will be held in the famous Lanes area of Brighton, close to the seafront, so enjoy a half-day workshop with time left to explore and shop. The Meeting House in Ship Street is 10 minutes walk from Brighton Station, close to all City bus routes and with car parking nearby.

Price: £30 per workshop, £50 for both AM and PM workshops (save £10)
Includes refreshments, handouts and relaxation CD

BOOKINGS:

Contact Jan Alcoe (details opposite)
Payment in advance via cheque or Paypal

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