

Achieve Health and Happiness

**Experience Hypnosis
With
Certified Hypnotherapist
Khrys Kantarze**

**Monday February 28, 2011
6:00pm-7:00pm**

Combine your goals for the New Year with hypnosis and engage the other 90% of your brain to achieve success.

During the session we will discuss how to purposefully engage the subconscious mind and the use of affirmations, the therapeutic hypnosis segment of the session is specifically designed to improve overall health and happiness.

The subconscious part of the brain is the part that governs the body. When you achieve a hypnotic state and accept the suggestions provided it can produce dramatic results.

Under the guidance of certified Hypnotherapist, Khrys Kantarze, M.A., enjoy the relaxing benefits of using the power of your subconscious through the process of hypnosis.

Khrys Kantarze, CHt. has worked with hundreds of clients helping them achieve their goals. Now she's offering a special group hypnosis session for \$15.00.

Where: Suwannee River Yoga Studio, White Springs

When: Monday February 28, 2011 6:00pm-7:00pm

Cost: \$15.00

**For Reservations: call Khrys before February 11 at 386-234-0846 or
email: Khrysk@windstream.net**

**Experience the Benefits of Hypnosis
With
Certified Hypnotherapist
Khrys Kantarze**

**Group Sessions begin February 2011
To be held monthly (The last Monday of the Month)
at the Suwannee River Yoga Studio White Springs**

<u>Date:</u>	<u>Topic:</u>
February 28, 2011	Achieve Health and Happiness
March 28, 2011	Improve Concentration
April 25, 2011	Success Consciousness
May 23, 2011	Self Acceptance

Other topics to be announced.

You may register for additional sessions at any time. Individual sessions are available.

"Live the life you've imagined..."
~Thoreau