

Relieve Holiday Stress

**Experience Hypnosis
With
Certified Hypnotherapist
Khrys Kantarze**

**Monday November 1, 2010
6:00pm-7:00pm**

Minimize the stressfulness the holidays can cause in your life through the use of hypnotherapy.

This session will include information and discussion on how the subconscious effects or relates to stress. A group hypnosis session will conclude the program.

Enjoy the relaxing benefits of using the power of your subconscious through 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 November 1, 2010 6:00pm-7:00pm

Cost: \$15.00

Sign up today or;

For Reservations: call Khrys before October 25 at 386-234-0846 or email: Khrysk@windstream.net

Seating is Limited so Early Reservations are suggested.

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

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

Topics May Include:

- **Success Consciousness**
- **Self Acceptance**
- **Motivation**
- **Developing Proper eating Habits**
- **Weight & Health**
- **Eliminate the Smoking Habit**
- **Improve Concentration**
- **Improve Health**
- **Achieve Health & Happiness**
- **Overcome Procrastination**
- **Develop Creativity**
- **Work Success**
- **Meditation**
- **Psychic Development**
- **Consulting Your Higher Self**

**Additional information or individual Hypnotherapy Sessions are available
by Appointment**

Contact:

**Khrys Kantarze, CHt
386-234-0846
khrysk@windstream.net**