

# Community Hypnotherapy

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Join us the last Monday of every month for Community Hypnotherapy. Hypnosis is an effective tool to use to achieve your goals, group hypnotherapy is a cost effective method of enjoying the benefits of hypnotherapy.

Hypnotherapy uses the subconscious part of your mind, the part that is connected to your body and stores your memories, to facilitate your ability to heal, achieve success, develop abilities and more.

Khrys Kantarze, hypnotherapist has over 25 years in leadership development and mentoring and 9 years as a hypnotherapist. Her relaxed, calming voice is perfect to facilitate a state of hypnosis. Join us the last Monday of each month and experience the benefits first had. Contact Khrys for more information at [kkhr1@aol.com](mailto:kkhr1@aol.com) or 386-234-0846.

## **Schedule of Topics:**

**August 31, 2015; Diminishing Pain**

**September 28, 2015; Developing Better Habits**

**October 26, 2015; Overall Health and Wellness**

**November 30, 2015; Rest and Relaxation (in time for the holidays FREE SESSION)**

**December 2015; NO SESSION THIS MONTH, see you next year!!!**

**Cost: \$15.00**

**Time: 6:00 pm**

**Suwannee River Yoga, White Springs**