

Group Hypnosis with Khrys 2012-2013 Schedule

We will continue the monthly schedule beginning in October

**The schedule of topics presented the last Monday of each month from 6pm-7pm.
(note: November will be the third Monday and no session in December))**

Releasing Anxiety Unreleased anxiety, tension, and stress held in the cells of the physical body cause an eroding of physical health and well-being, often creating dis-ease. Since all hypnosis is relaxation based, this session directs attention to the effects created when you have been unable to release tension effectively. The script focuses on the repair of anxiety's effects upon the physical body and the psyche. **Oct. 29, 2012**

God Consciousness An awareness of a Divine presence within your life creates a response of unconditional love toward all you observe and experience. This session is designed for developing an attitude of unconditional love toward circumstances and individuals in your world. **November 19, 2012 (note: third Monday)**

Understanding Self This hypnotic visualization takes you on a walk in a garden where you meet Universal Wisdom to learn personal insights on how you can better enjoy life. **Jan. 28, 2013**

Memories The cells of the body are affected by negative emotional, mental, or physical experiences which alter the cell's original imprint and coding, causing physical, emotional and mental illness. This session is administered to assist in the release of altered cellular imprints and coding by reframing past negative experiences to understandable acceptable memories. **Feb. 25, 2013**

Healing Loss Grief is a necessary aspect of release and should be identified, welcomed, and utilized for a healthy resolution of loss. An appropriate response to grief is developing a new relationship with that which is seen as lost. In essence, acceptance of the change in relationship and not the loss of it. This session is designed to facilitate the healing of loss of a loved one, retirement, children leaving or terminal illness. **March 25, 2013**

Loving Yourself (An attitude of self-love is the foundation for all physical, emotional, mental, and spiritual well-being. This session is designed to remove negative self-identification that would stand in the way of positive growth.. **April 29, 2013**

When: Last Monday of the month (except November and December)
Where: Suwannee River Yoga Studio
US 41 White Springs
Cost: \$15.00/session

Seating is Limited; call or email your reservation to:

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