

Group Hypnosis with Khrys 2012 Schedule

We will continue the monthly schedule beginning in January.

The schedule of topics presented the last Monday of each month from 6pm-7pm.

Freeing the Mind (suggestions to eliminate unnecessary boundaries). **Jan. 30, 2012**

Health and Wholeness (The cells of the body are affected by negative emotional or physical experiences which alter the cell's original imprints and coding causing physical, emotional and mental illness. This session is designed to assist in the release of altered imprints and impressions and reestablish proper functioning). **Feb. 27, 2012**

Inner Cathedral (Access your own inner sanctuary of understanding and insight for a deeper connection to your spiritual nature). **March 26, 2012**

Calm and Relaxed (This program instructs the subconscious mind to bring resolution and release imprints or impressions contributing to unwanted behaviors or from your goal). **April 30, 2012**

Healing Journey (A positive attitude and healing imagery promotes health and wholeness and accelerates healing). **May 23, 2012 (note: this is the Wed. prior to Memorial Day)**

Creative Abilities (direct suggestions to the subconscious to use your creative abilities). **June 25, 2012**

When: Last Monday of the month (except May)

**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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