HAVE YOU TRIED HYPNOTHERAPY?

Change your life today!

CLINICAL HYPNOTHERAPY

Hypnotherapy is a proven therapy where the mind is relaxed into your subconscious state (Theta). Here change can occur quickly at a deep level.

Its nothing new or scary rather a natural state of mind you already experience daily. When you are so relaxed you are operating automatically, not thinking conciously. While in that unthinking trancelike state we open and connect to the area of your mind where learned behaviours patterns and blocks come from. Giving you a new positive outlook quickly and simply.

- **Smoking**
- Sleep problems
- Stress
- Anxiety
- **Weight loss**
- Fears/Phobias
- Motivation/confidence
- **Child birth**
- Compulsive behaviors and habits
- Nervous issues

Fast results

Call JANE on 0417 545 475

NATIONALLY RECOGNISED TRAINING

- Clinical Hypnotherapist
- Relaxation Specialist
- Yoga and Meditation Teacher

Clinics in Heidelberg and North Fitzroy