



Mind Affinity

Empower yourself

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Self Hypnosis

A Mind Affinity Workshop

By Duncan Price





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Course Overview

You already know far more about hypnosis than you realise. In this weekend course you will discover just how much you know about the tools and skills that will last you a lifetime, which you will enjoy learning to apply in a wide range of situations.

You will leave this course empowered to use hypnosis to achieve your goals and enhance your life in a number of ways. The benefits will include:

Stress, Anxiety and Anger Management,
Enhanced Memory and Learning Skills,
Increased Self Confidence,
Better Emotional Balance,
Boosted Immune System,
Greater Creativity,
Improved Sleep

And More Relaxed and Comfortable Control Over All Areas of Your Life.

The Friday is free to attend to see what the course is all about and how it works. The course itself is available for £799, which includes over 20 hours of expert tuition, refreshments, full course materials including handouts and a manual to take home with you, as well as ongoing future support.

Concerned about coming on your own? Bring a friend along for the Friday evening for free and have the chance to make friends with the other delegates you will get to spend the weekend with. Who knows, they may even sign-up to join you for the whole course.

Is it right for you? - The answer is probably yes, that's why you've already asked yourself that very question. But if you want to find out more before you commit just give me a call for a chat. Remember - you can book in for free on the Friday to see what it's all about (space permitting).

If this sounds like something you want and/or need in your life contact me now to book your place. I look forward to welcoming you onto one of my workshops. If you require any further information or have any questions, please contact me via the details on the next page.

Please note that this is not a residential course, however there are rooms available at the venue and nearby should you wish stay. Please ask for more details.





Course Itinerary

Friday

Welcome
Introduction
What is Hypnosis?
Expelling the myths
Becoming more positive
Hypnotic experience (optional)

Saturday

Positive and progressive language
Protection from negative suggestion
How to write your own Programmes
A shortcut to instant relaxation
Amazing Sleep

Sunday

Recap and review
Practical applications
Pain management
Deeper, Better Self Hypnosis
Exploration of your potential and inner power!
Summary and close.

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