

suite 704 BMA House
135-137 Macquarie
Street Sydney, NSW 2000

Joanna Malinowska
MSc, DHC, Cert IV in Clin Hyp, CMAHA

Pennant Hills
NSW 2120
phone 0412 092 972

Advanced Self-Hypnosis Workshop for Wellbeing and Weight Management

Learn self-hypnosis, the most effective and empowering natural self help method. The experienced clinical hypnotherapist will teach you how to instantly enter the hypnotic state and how to use that alerted state of consciousness to achieve your goals.

Hypnosis is a perfect tool to achieve the **full body and mind relaxation, not comparable with any other techniques**. Self-hypnosis is the best preparation to cope with unexpected stress in the future. You will be always able to relax and greatly reduce the stress level. The body and the mind are strongly connected. **The peaceful, relaxed mind naturally creates balance and wellbeing on the body level. You will be able to use the hypnotic state to give yourself the suggestions to address the specific areas of physical wellbeing, especially for implementing natural, healthy eating habits and maintaining healthy body weight and for physical healing.**

You will also learn the **advanced hypnotherapy techniques, not usually taught to the public**. You will be able to apply these techniques **for building self-confidence, trust in yourself, for motivation and achieving your goals**. You will be also taught the specific use of self-hypnosis for **meditation** and self-growth.

The course combines one-on-one private hypnotherapy sessions with the group workshop. The students are taught, during deep hypnosis in a private session, how to induce instantly the hypnotic trance using just one word. They are also taught the basic self hypnosis procedure to practice on their own before the commencement of the workshop. The one day group workshop follows the private session. Class size is kept very small, maximum eight students. The workshop is mostly practical; the effective techniques are explained and then applied by students in hypnosis.

Workshop Schedule

Date	Sunday 18 th August 2013
Duration	10 am to 6 pm
Location	suite 704 BMA House 135-137 Macquarie Street Sydney, NSW 2000
Teacher	Joanna Malinowska
Price	\$440 (\$400 early bird before 10 th August) This price includes one day workshop and one hour individual hypnotherapy session before the workshop
Price for former clients	\$290 (\$250 early bird before 10 th August) This price is restricted to my former clients who are using self hypnosis for some time
Booking	Send the online enrolment form http://www.self-hypnosis.com.au/enrolments.htm optionally email joanna@myhypnotherapy.com.au or call Joanna 0412 092 972

Learning Outcomes

On the completion of the course, the student should be able to:

- Induce instant hypnotic state and deepen it to the required level
- Use self-hypnosis for deep body and mind relaxation
- Use instant self-hypnosis techniques to calm down and relax in stressful situations
- Use breathing techniques in hypnosis to reconnect with the body on the deepest level, bringing joy, vital healing energy and balance to the very core of physical being
- Apply self-hypnosis techniques to implement and maintain the natural healthy eating through the strong, loving connection with the body
- Use the hypnotic state during physical exercise to maximize the benefits and performance. This state is sometimes called "waking hypnosis"; it is an alerted, focused state which lets achieve great results in many areas
- Use self-hypnosis for meditation, instantly entering the state of deep meditation and applying simple yet powerful techniques for awareness and living in the present
- Use the art of applying post hypnotic suggestions to achieve goals and to overcome obstacles
- Apply specific hypnotherapy techniques to increase the natural self confidence and self trust and to free yourself from the illusion of being judged by the others
- Be open to the creative use of self-hypnosis on an every day basis and in extreme situations

Teaching Methods

The course combines one-on-one private hypnotherapy session with the group workshop. The students are taught, during deep hypnosis in a private session, how to induce instantly the hypnotic trance using just one word. They are also taught the basic self hypnosis procedure to practice on their own before the commencement of the workshop. It is most beneficial to have a private session 3 to 7 days before the group workshop.

The one day group workshop follows the private session. **Class size is kept very small, with the maximum of eight students.** The workshop is mostly practical; the effective techniques are explained and then applied by students in hypnosis. Some techniques are taught in hypnosis first, so learning is most efficient. Students are given course notes for references and homework exercises to practise.

Teaching Guarantee

There is a complete fees refund if a student cannot be taught the instant self-hypnosis during the private hypnotic session (it has never happened yet).

Please **visit my website** www.self-hypnosis.com.au to read more about hypnosis, hypnotherapy and self-hypnosis.

To enroll please use the attached enrolment form or preferably enroll online form www.self-hypnosis.com.au/enrolments.htm

www.myhypnotherapy.com.au
www.self-hypnosis.com.au
joanna@myhypnotherapy.com.au
phone 0412092972

Joanna Malinowska
Clinical Hypnotherapist
MSc C4CH DHC CMAHA
suite 704 BMA House
135-137 Macquarie Street
Sydney, NSW 2000

Advanced Self-Hypnosis Workshop Enrolment Form

Participant Details

Title: _____ First Name: _____ Surname: _____

Address: _____

Suburb: _____ Postcode: _____

Tel (wk): _____ Tel (home) _____ Tel (mobile) _____

Email: _____

Fax: _____ DOB: _____

Workshop Details

Date and Time: Sunday 18/8/2013 10 am to 6 pm

Location: suite 704, BMA House, 135-137 Macquarie Street, Sydney, NSW 2000

Agreement:

I understand that the Enrolment Form is the agreement between me and Joanna Malinowska. A refund (initiated by the participant) incurs a fee of 10% of the amount refunded. The request for refund must be made in writing / by email at least 10 days before the workshop. If for any reason Joanna Malinowska does not deliver the course in the agreed time schedule, the participant has the choice of full refund of the fee or transfer to next available workshop.

Signature: _____ **Date:** _____

Payment (see the schedule): _____ Cash ____ Credit Card ____

Credit Card Details Bankcard ____ Visa ____ MasterCard ____ security code _____

Card No. _____ Expiry Date: _____

Cardholder's Name: _____ Signature: _____

Payments by Paypal on <http://www.self-hypnosis.com.au/enrolments.htm>