Have you ever wondered what hypnosis is like? Do you find how the human mind works fascinating and captivating? Do you desire to improve your “mental chatter?” Do you want to be more effective with those you communicate with in business each day? Lower your pain? Enhance your sense of intuitiveness and personal well-being? Accelerate your recovery rate with a treatment or surgery? Self-hypnosis is a powerful tool for your personal empowerment which can enrich your life significantly. Using self-hypnosis, you can learn to modify or change behaviors, reduce your stress level (imagine that!), learn to relax more, manage and lower pain levels, and magnify positive changes you desire. How great would that be? What do you want to work on and play with using Self-Hypnosis?

With *Certified Instructor of Self-Hypnosis*, April Braswell, *CHt, RH, CISH*, in a single Saturday Workshop, (tailored to fit with our hectic modern lives) teaches you the basics of Self-Hypnosis. April leads hypnosis, workplace and personal communication, and relationship workshops throughout California for Community Colleges, Corporations, and Associations. Her workshops are known to be fun, informative, entertaining, and engaging. Be sure to bring plenty of paper to take notes and your funny bone.

**What will you learn?**

1. How to take yourself into hypnosis.
2. 3 Simple Methods to deepen your state of trance.
3. The most effective ways to word your desired results to optimize for positive change.
4. What to avoid so you don’t inadvertently program the opposite of what you desire.
5. How to indentify your primary thinking modality and what metaphors then work best for your mind.

Open to ages 18 year old and up.

**DATE:** **SATURDAY SEPTEMBER 22, 2012** (1 single session class meeting)  
**TIME**: **10:00 AM – 4:00 PM** (1 hour lunch break, 5 hours of instruction time.)  
**LOCATION:** 17612 Beach Boulevard, Ste #14 (second floor, walk up), Huntington Beach, CA 92647  
**COST:** $125.00 (Only $95 each if you register together with a friend)  
**TO REGISTER:** Call to arrange to pay with a credit card or mail in a personal check.  
**SPACE IS LIMITED:** Pre-registration is required.   
**DEADLINE to REGISTER:** Wednesday, September 19, 2012.  
**REFUND POLICY:** Class fees are not refundable after September 12th. Credit is given for the next class on a space available basis.  
**QUESTIONS? And To REGISTER: Call 650.389.3200 or email Info@HypnoTalkToday.com**