

Tis' The Season to Be Relaxed!

How does 30 minutes of Mindful Relaxation Hypnotherapy sound to you?

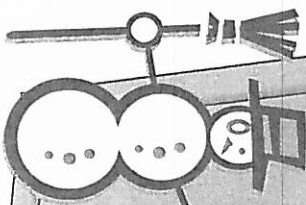
For only £5 you can experience a mini group hypnotherapy session which will leave you feeling refreshed and relaxed, ready to continue with your day!

Hypnotherapy is very safe and is a very relaxing complimentary therapy. No one will be clucking like chickens! It will be a very safe and calming environment, where you can free yourself from the stresses of the day.

So I can provide this wonderful opportunity for you, I would first like to know if this would be of any interest to you. Can you please sign the form asap if you would like to attend and provide numbers for any extra people who would like to come along to support Ogilvie...AND of course, feel super relaxed!!

If there is enough interest, then a session calendar will be put on the clackers for you to choose a slot. Thank you ☺

Lisa Stevenson Dip(CAH), HRP, PNLP



MINDFUL RELAXATION HYPNOTHERAPY MINI SESSION

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Thursday 14th December

If you would like to experience total relaxation then please sign below and include any extra people who would be willing to participate.

Name (block capitals).....

(Pupils Name-block capitals.....)

Signature.....

Number of people interested.....

Session times:

(Please put a 1 against preferred time and a 2 against 2nd choice).

9.30-10.00 _____

10.30-11.00 _____

1.00-1.30 _____

1.30-2.00 _____

Please note: closing date for bookings is Monday 4th December.

THANK YOU FOR SHOWING YOUR INTEREST. YOU WILL HEAR FROM ME SOON