

# GROUP HYPNOSIS: WEIGHT RELEASE

**Koru Hypnotherapy**

**Sue Bradley, Cht.**

1141 Pacific St, Suite J.

San Luis Obispo

459-9485

[Sue@koruhypnosis.com](mailto:Sue@koruhypnosis.com)

[www.koruhypnotherapy.com](http://www.koruhypnotherapy.com)

1. Ever wondered why you yo-yo diet?
2. Do you find it difficult to stay motivated to exercise?
3. Do you desire a slender, toned and fit body ***PERMANENTLY?***

**Call Sue at Koru Hypnotherapy and discuss your options in a group hypnosis weight release class.**

**Finally let go of the internal struggle!**

**FUN, SAFE, SUPPORTIVE, EMPOWERING, LASTING!**

**May 6<sup>th</sup> – June 10<sup>th</sup>**

**Tuesday 6.30-7.30**

## **Group Package Includes:**

- \* *6 one hour weekly group sessions with Sue Bradley*
- \* *3 weight release CD's with a total value of \$75.00*
- \* *Expert techniques for success outside of group*
- \* *Training in self-hypnosis*
- \* *Safe, natural and expedient way to let go of fat*

Total Package in Advance \$270.00 or \$420.00 and include 2 private sessions at a 25% discount, seating limited.

**ASSESS YOUR COMMITMENT AND I 'LL Match it!!**

**If you have a known medical condition physician approval is advised.**