

GROUP HYPNOSIS: WEIGHT RELEASE

Koru Hypnotherapy

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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 6th – June 10th

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.