



Self-hypnosis for personal development and problem solving

Saturday 17 June, 10.30am to 3pm at Central Library

£10 per person

Festival of Learning
2017

In this workshop, hypnotherapy instructor Dan Jones will debunk many myths about hypnosis, you will learn what it really is, what it can help with, and how you can use it for yourself to help manage stress and anxiety, improve memory, manage pain, and for personal development.

This is an interactive workshop. You will have the opportunity to experience hypnosis for yourself, see a demonstration, and gain practical experience of doing a number of different self-hypnosis inductions and therapeutic self-hypnosis techniques.

A light snack lunch will be provided.



Pay and book your place at <https://portsmouthselfhypnosis.eventbrite.com>. For further information contact 023 9268 5057 or email libraries@portsmouthcc.gov.uk