

A Weekend of Release & Renewal: An EMDR & Hypnosis Approach

Release the Bonds of Trauma,
Bad Relationships, PTSD,
Depression,
Anxiety



Experiential & Intensive Workshop:

- ✓ Relieve Anxiety using EMDR
- ✓ Experience the benefits of desensitizing your brain to past traumatic memories
- ✓ Uplift feelings of hopelessness with Hypnosis
- ✓ Use your brain as an organ to assist you with new patterns
- ✓ Discover the benefits of Mindfulness & Demystify Meditation



Sat & Sun
Jan 26 & 27, 2019

Early Bird Rate \$350
Regular \$375

Lunch Included

3207 Mercer
Houston, TX 77027

- Eye Movement Desensitization Reprogramming (EMDR) is a technique used exclusively by trained psychotherapists to remove blocks causing intense suffering and re-activate the natural healing process.
- Hypnosis is not mind control. It is a safe tool for relaxation & focused attention on your goals. You are always alert & in control.

Facilitated By: Claudia Autry, Consulting Hypnotist, Reiki, Theta Healer® & Essential Oils
Dee Gardner, LLSW, LCDC, EMDR-II, CSAT

RSVP Claudia (281) 849-4610 or Dee (832) 489-1998

\$100 Assessment Required with Dee