

SELF-HYPNOSIS SEMINARS

to be held on Saturdays, from 9:00 a.m. to 3:00 p.m.

Self-hypnosis is the ability to enter into a self-induced state of hypnotic trance. It is an opportunity to experience deep relaxation, but more importantly, it is a valuable technique for bringing about desired changes in one's life using affirmations (positive self-talk statements) combined with visualization/mental imagery techniques.

Level I (Introduction): Mar. 18 Natural Sleep/Dreams:Apr.29 Fee for each seminar

Natural Sleep/Dreams:Apr.29
Weight Control: May 13
Choosing to be a
Non-Smoker: May 20

Keep for each seminar

\$85.00
(includes workbook) Level III (Intermediate): Apr. 1 Weight Control: May 13
Level III (Advanced): Apr. 8 Choosing to be a
Raising Self-Esteem: Apr. 15 Non-Smoker: May 20

For information write, phone or call in person; office open Monday through
Friday, 9 am - 12 noon, and 1 - 5 pm (4 pm on Fridays) May 20 (includes workbook)

Stress Management Associates Inc. 1230, 10665 Jasper Avenue, Edmonton, Alberta T5J 3S9 (Telephone 428-7519)

LETS SCREW UP THE WEATHER SOMEHORE AND HAVE SOME

Assistance Corp. **CASH BACK**

receive cash within days - fee includes return preparation

GENERAL T-1 PREPARATION

all clients provided with computer printout record

9 a.m. - 5 p.m. Weekdays

Main Floor SUB