



www.MichellePayton.com

Positive Hypnosis Self-Facilitation in any Area of Life

Day: Saturday, 19 October

Time: 12pm-2pm

Class Cost: \$10 + Purchase "Positive Hypnosis" book

Maximum #: 9

At: Crystal Visions Books & Gifts

Michelle Payton, author of *Positive Hypnosis: Re-associating with Solution-based Memories* and creator of the Positive Hypnosis process, introduces how to self-facilitate—in any area of life—and add this method to existing personal and professional practices. **This workshop:**

- introduces the physiology of learning process and Positive Hypnosis,
- 5-Techniques that make up Positive Hypnosis will be introduced (Positive Hypnosis theory, Self-Hypnosis, EFT, NLP, Acupressure Hypnosis),
- introduces theory and puts theory to practice,
- focuses is on how to revise “don’t want” to “do want,”
- and demonstrates how positive memories collapse unwanted patterns.

Professional materials supplied. To hold your seat, **pre-register** by emailing: mamichellepayton@gmail.com, or calling: 828-681-1728.

