

Lighten Up Victoria!

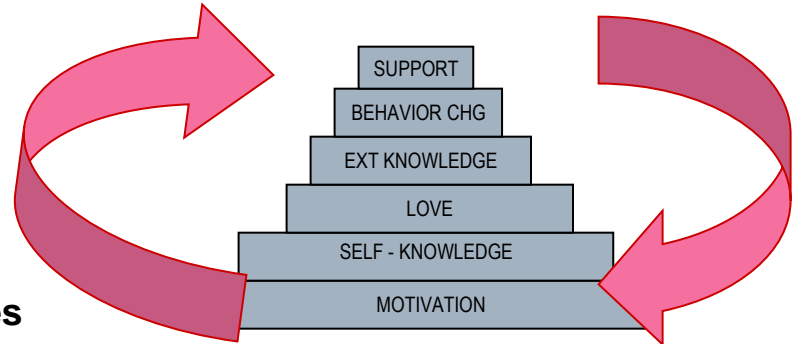
LUV Body Image and Weight Control Program

6 or 8 Individual Sessions

Utilizing **Proven** Techniques in our exclusive “**Cycle of Success**” model

Techniques Include:

- ❖ **Hypnotherapy**
- ❖ **EFT**
- ❖ **Reiki**
- ❖ **PSYCH*K®**
- ❖ **And other Holistic Modalities**



All programs include an Initial Background and Goal Setting Session

From there the program is customized to your needs and goals.

The following are examples of what your next 5 to 7 sessions can be focused on.

- ❖ Exercise
- ❖ Food Addictions/Healthy Eating
- ❖ Overcoming Blocks
- ❖ Changing Behavior
- ❖ Root Causes/Healing the Past
- ❖ Food Sensitivities
- ❖ Eliminate Limiting Beliefs
- ❖ Recheck Affirmations
- ❖ Learn Self-Hypnosis

Highly Recommended: A Custom Audio can be added for \$100.

Commitment:

Six (6) Sessions \$500

Eight (8) Sessions \$600

Payable at the first session by cash, cheque or credit card

Julia B. Anderson

**Certified Hypnotherapist , PSYCH-K® Facilitator, NLP Practitioner
and Registered Clinical Counselling Hypnotherapist candidate**

MindOverAll Hypnotherapy Centre
1D – 814 Broughton Street • Victoria, BC
Down the Stairs

250-884-5031

julia@mindoverall.com • www.mindoverall.com

"By unlocking the power of your mind, we help you to help yourself"