



The hypnosis workshops listed below are presented by Susan Dunlop, MA, CHt at THE ZENTIST, a mind, body, and spirit shop located at 76 Gillygate in York city centre only a block away from Union Terrace Car Park.

Workshops are held from 7.30 to 9.30 pm Wednesdays. Unless otherwise noted, the fee is £10 per person per session. There is no fee for the Healing Circle which is held on the first Wednesday of every month. Booking is essential for all workshops due to limited space (approximately 90% of workshop attendees, at the close of the evening, reserve a place for the next workshop). According to demand, extra sessions of workshops are frequently scheduled. To book a place, please telephone THE ZENTIST at 01904 622706 leaving your name and telephone number.

The workshops are informal evenings consisting of a brief introduction to hypnotherapy as a tool for creating a luminous life, a discussion of its application to the topic to be explored, and a group hypnosis session/guided visualization within established parameters of healing, beauty, and joyful possibility.

The workshop evenings offer you the opportunity to see yourself and your life in a new way... and to embrace ever more positive ways of thinking. After all, it is our thoughts which create our lives!

4th April 2007

HEALING CIRCLE at the Zentist.

(First Wednesday of every month.) For all those experiencing loss, pain, fear or disease and for those who are called to heal. Led by Susan Dunlop, certified hypnotherapist, participants will practice proven techniques which focus their creativity, thought, vision, and action upon vibrant health, happiness, forgiveness and love. A beautiful evening of spiritual renewal and healing. Self-hypnotic methods for pain control will be introduced when appropriate. No fee.

11th April 2007

ANGELS EVERYWHERE!! WORKSHOP

Develop your awareness of and receptivity to your angels and guides through hypnosis. An introduction to visualization, meditation, and hypnosis techniques for opening a graceful channel for illumination and communication. without reliance upon an intermediary or medium. A delightful and loving exploration of the direct experience of divine guidance.

2nd May 2007

HEALING CIRCLE at the Zentist.

(First Wednesday of every month.) For all those experiencing loss, pain, fear or disease and for those who are called to heal. Led by Susan Dunlop, certified hypnotherapist, participants will practice proven techniques which focus their creativity, thought, vision, and action upon vibrant health, happiness, forgiveness and love. A beautiful evening of spiritual renewal and healing. Self-hypnotic methods for pain control will be introduced when appropriate. No fee.

9th May 2007

PAST LIFE REGRESSION HYPNOSIS WORKSHOP.

An introduction to the responsible and life-affirming use of hypnosis in the exploration of past lives for the illumination and healing of our present lives. An intriguing workshop challenging the conventional limitations of mortality, time, space, ego, and affirming the glorious creative power, courage, and beauty of the human soul and its ultimate essence, love.

6th June 2007

HEALING CIRCLE at the Zentist.

For all those experiencing loss, pain, fear or disease and for those who are called to heal. Led by Susan Dunlop, certified hypnotherapist, participants will practice proven techniques which focus their creativity, thought, vision, and action upon vibrant health, happiness, forgiveness and love. A beautiful evening of spiritual renewal and healing. Self-hypnotic methods for pain control will be introduced when appropriate. No fee.

13th June 2007

MANIFEST ABUNDANCE NOW!

A hypnosis workshop designed for individuals who are ready to take responsibility for creating rich, glorious lives by creatively focusing their thought, vision, and gratitude on the limitless abundance of the universe and on their own potential for love, fulfillment, and contribution.

27th June 2007

BECOME A NON-SMOKER IN ONE EVENING!

A Zentist hypnosis workshop for individuals who have committed to take control of their lives, their personal growth, their longevity, their health, and their happiness and would like a hand. Two hours that will impact every aspect of your life with well-being. A powerful and positive experience FOR THOSE WHO STRONGLY DESIRE TO BE NON-SMOKERS. £30 for 2 hour session. Early booking imperative enrollment limited.

4th July 2007

HEALING CIRCLE at the Zentist.

(First Wednesday of every month.) For all those experiencing loss, pain, fear or disease and for those who are called to heal. Led by Susan Dunlop, certified hypnotherapist, participants will practice proven techniques which focus their creativity, thought, vision, and action upon vibrant health, happiness, forgiveness and love. A beautiful evening of spiritual renewal and healing. Self-hypnotic methods for pain control will be introduced when appropriate. No fee.

11th July 2007

COMMUNICATING WITH LOVED ONES ON THE OTHER SIDE.

You dont need a medium to receive and extend comfort, reassurance, and love with dear ones on the other side or to forgive, heal relationships, and eliminate residual guilt. A workshop introducing the powerfully beautiful and responsible use of hypnosis as a life-affirming tool for receiving loving, healing messages and positive, illuminating direction from spirit.

Lovely, healing, beautiful... an experience to be cherished by individuals with loved ones on the other side.

1st August 2007

HEALING CIRCLE at the Zentist.

(First Wednesday of every month.) For all those experiencing loss, pain, fear or disease and for those who are called to heal. Led by Susan Dunlop, certified hypnotherapist, participants will practice proven techniques which focus their creativity, thought, vision, and action upon vibrant health, happiness, forgiveness and love. A beautiful evening of spiritual renewal and healing. Self-hypnotic methods for pain control will be introduced when appropriate. No fee.

8th August 2007

READY FOR YOUR SOUL MATE?

Stop waiting and start INTENDING your soul mate into your life NOW! Become the soul mate you intend to attract. Remember: Your thoughts create your life! A joyful hypnosis workshop to explore and inspire your creative power to manifest your soul mate and, in the process, create your own inner happiness, abundance, and fulfillment.

More...

- * 5th September 2007
- * 12th September 2007
- * 3rd October 2007
- * 31st October 2007
- * 7th November 2007
- * 14th November 2007
- * 5th December 2007
- * 12th December 2007