

INTRODUCTION TO HYPNOSIS

SATURDAY
DECEMBER 5, 2009

2-4 PM



We all have the ability to put ourselves in a state of “trance”, and when in that state, we can use the profound power of our minds to create changes in mind and body.

- Learn what hypnosis is (and isn't)
- Test your level of hypnotizability
- Learn how to use hypnosis to create change

Please come dressed in comfortable clothes. Bring a blanket or yoga mat.

Location: TBA
Fee: \$25.00

To reserve your space, please call Lotus East-West Medical Center
at 310-828-8258



Deborah Anderson, Ph.D., RYT is a licensed psychologist and registered yoga teacher with expertise in mind-body medicine. She uses a variety of mind-body techniques (e.g., relaxation and mindfulness training, hypnosis) to promote healing, symptom reduction, and overall well-being. In 2006, she became a yoga teacher to further her knowledge of mind-body healing, and she teaches yoga and meditation classes (including prenatal yoga). Her combined knowledge of psychology and yoga creates a unique perspective with which to approach clients in both practices. For more information, please call 818-235-2158 or visit www.drdeborahanderson.com, www.mindfulbeing.net and www.lotusew.com.

