

Introduction to Self- Hypnosis
(First in a series on hypnosis)

December 2, 2009 and January 6, 2010
7:00 to 9:00 PM Cost: \$30 each session

Pre-register is due one week prior to the class! Wear comfortable clothing; bring a pillow if you want to.

Yes, you can learn this – it's a natural state of mind. It's relaxing, easy, simple, and will come in very handy in life! Experience, learn, and practice some self-hypnotic techniques that can enhance your healing response, reduce discomfort, and bring you into balance for life events such as accidents, surgery, childbirth, any body pains, emotional stress, and feeling out of whack. Go home, practice, come back and discuss and deepen the learning Jan. 6. Relax!

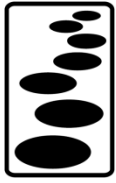
Question and Answer:

Q. What do these events have in common?

Falling hard into a wire contraption and getting tangled
Listening on head phones while having a biopsy
Falling off a step and landing hard but focusing on calming
Experiencing gall stones but clearing and preventing surgery!
Having a bumper fall off a car and glasses fly into the back seat

Answer: ME and SELF HYPNOSIS, but you don't have to have those events in *your* life – you can learn self-hypnosis for sitting in your easy chair while figuring out your next step in life.

Instructor: Mary R. Ruth, M.S. Community Counseling-Psych
Certified Clinical Hypnotherapist, Certified HypnoBirthing Practitioner
Member National Guild of Hypnotists
Member, 20 years, American Council of Hypnotist Examiners
Provider, 20 years, Pathways of Minneapolis
Former Board Member: Visions of Suanne Big Crow
Dance and art therapist in the past
See Hermitage Farm Practitioner list
www.maryruth.com (being updated)



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
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Next group workshops:

Part 2 of Self-Hypnosis

The Use of Alchemical Hypnotherapy for Alleviating Pain

Body-mapping using hypnosis for enhancing the immune system

Pre-surgical hypnosis for anyone about to have surgery – reduces blood loss, speeds up recovery, calms the whole system.

Deepening contact with Inner Guides

(All of the above available for one-to-one sessions at Hermitage Farm Center for Healing including hypnosis for childbirth using the HypnoBirthing method)

REGISTRATION FORM

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Cost: \$30 each session

Name _____

Phone _____

Please mail registration form and check to:

Mary Ruth

Hermitage Farm Center for Healing

6415 West River Road NW

Rochester, MN 55901

Please call Hermitage Farm if you have any questions.

(507) 281-2791