

Take a **STRESS** Break

With



Murray Goldsmith

Self-Hypnosis ~~Workshop~~ **play**

Come and have fun while you laugh and learn just how vitally important your stress level really is. Experience the feelings and benefits of Self-Hypnosis, as you learn how to recognize and take control of your stress level. See how a few minutes of Stress Free Relaxation can produce dramatic changes in your life.

During times of aggravating stress and tension,
We sometimes lose sight of how to get to that state of calm that is so
necessary in making positive decisions.

This workshop is on Progressive Relaxation and Self Hypnosis (Stress Release)
Enabling individuals to achieve a deep state of relaxation in seconds.

- Build self-confidence.
- Enhance your memory.
- Gain positive energy.
- Live a healthier life.
- Break negative habits.
- Get more restful sleep.
- Improve concentration.

Discover positive abilities you didn't know you had!
Join me for an hour of fun and relaxation and
I'll show you how to take that feeling away with you!

Murray

Who is Murray Goldsmith?



As a Hypnotherapist, he founded the National Institute of Hypnotism. Murray's research into the conscious and sub-conscious mind, stress management and motivation, has won him International Acclaim. He has taught doctors, dentists, psychologists and psychiatrists the science of hypnosis. As a "Life Skills" teacher and motivator, Murray has traveled throughout North America presenting his Seminar "The Power of Your Belief System" helping thousands reach their true potential in both their business and personal life.

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