

# MindTherapy Workshops

with Ruth Watson BA(Hons)Psych, MIAEBP, D.Hyp(Adv)

**Successful Mind Management**

**Beliefs Work**

**Mindfulness**

**Hypnotherapy**

Learn how to de-stress and manage your thoughts successfully

You are invited to come along to a **FREE** introductory session

**Tuesday 19th February 6pm**

at **Life and Sole** 1 Church Street, Eye

Come along to meet Ruth and find out how  
this unique MindTherapy programme can enable you to  
de-stress and address your self limiting beliefs

**Numbers are limited so please confirm your attendance:**

Life and Sole t: 01379 870111

Ruth t: 07919 418815

e: RuthWatsonIAH@Hotmail.com

w: AngliaHypnotherapy.co.uk

Looking Forward to Meeting You!