

thebestof

Complimentary Online Hypnotherapy Taster Session

Offer Expiry Date
30/04/2020

Can only be used at
Andrew Major Hypnotherapy
The Surrey and Hampshire Wellbeing
Clinic, 1 The Courtyard, Clare Park,
Crandall, Farnham, Surrey
GU10 5DT.

Tel: 07464 682 389



Description/Terms and Conditions

It's important now, more than ever to take steps to look after your mental health which is why Andrew Major is offering a limited number of complimentary online taster sessions to provide additional support to help you manage your stress, relieve anxiety, improve sleep and build your self-confidence.

If you'd like to explore how hypnotherapy could help you, taster sessions will take place online via Zoom lasting up to 45 minutes. You'll just need a reliable internet connection and a comfortable place to relax. During your complimentary session, you will:

- Talk about what you'd like to achieve from hypnotherapy
- Find out how solution focused hypnotherapy can help you achieve your goals
- Understand how the mind works in relation to your issues and 'why we do the things we do'
- Experience a short guided relaxation session to calm your mind
- Receive a free 20-minute hypnotic download relaxation track to use at home

Offer available until 30th April 2020, limited spaces available.

Request and appointment: Contact Andrew via email: info@andrewmajorhypnotherapy.co.uk or call on 07464 682 389.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.