

LEARN SELF-HYPNOSIS SKILLS

LEARN SKILLS THAT CAN HELP YOU:

- * RELAX
- * IMPROVE YOUR HEALTH
- * ACHIEVE MORE IN YOUR LIFE

I run regular group training sessions at Penarth Natural Health Services,
11 Bradenham Place, Penarth

Evening classes and one-day work-shops

LEARN THE SKILLS OF SELF-HYPNOSIS AND HOW YOU CAN USE THESE SKILLS TO

*OVERCOME DEPRESSION, REDUCE ANXIETY, INCREASE CONFIDENCE, OVERCOME
PHOBIAS, MANAGE CHRONIC PAIN, SLEEP BETTER, DE-STRESS, STOP SMOKING ,
LOSE WEIGHT, AND MUCH MORE.*

CONTACT ME FOR FULL DETAILS AND SESSION DATES

ALAN ARMSTRONG Clinical Hypnotherapist

BA (Hons) CQSW DHP AdvDHP DipCH

TEL: 07836 679128

E-MAIL: alan@anvilconsultancy.com

Alan has been in private practice since 1993. He is a member of the British Society of Clinical Hypnotherapists and is based at Penarth Natural Health Services in Bradenham Place, Penarth, tel 02920 701370. His web site is www.anvilconsultancy.com.