



# Weight Loss Hypnotherapy

**NEW**

Support with a difference

- Lose weight
- Feel better
- Body and mind
- Aim for long term success

7 week group programme  
Starts Sunday 26th September  
Wellness & Yoga  
at Jordans Courtyard, Ilminster

All are welcome

# Join the supportive programme

10.00am to 11.15am

Week 1 (26th September)

Becoming conscious about food

My mind on my side

Week 2 (3rd October)

Who I want to be

What matters most

Week 3 (10th October)

What already does me good

Week 4 (17th October)

My healthy weight environment

Triggers, habits and rituals

Week 5 (24th October)

Mealtimes

How and when is right for me

Week 6 (31st October)

My good food choices

Week 7 (7th November)

My new plan, my new way

My new Me



# Weight loss programme

Using solution-focused  
hypnotherapy techniques



## Weekly session format

1. What's been good, what have I discovered?
2. Personal progress check
3. This week's topic
4. Seeing and believing - My Best Self
5. The change I will make next week
6. Hypnotic motivational and confidence boost

Places limited

Programme cost - £95 per person

Includes online support and self-hypnosis weight loss audio

Additional 3 month and 6 month check-in sessions £10 each

To book or find out  
more please contact:

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