



Rewind Your Mind

Six Session Weight-loss Programme



Ghitta Basson

I am a Clinical Hypnotherapist, Mind Mediator and Psychotherapist using different skills and methods such as hypnosis, Emotional Freedom Technique, Neuro-Linguistic Programming, Mindfulness and more to help you transform your body through your mind. I am continuously improving my skills to ensure I provide you with the most up to date therapy and techniques and belong to a therapy body adhering to their ethical code.

Tel: 077 177 48203

Web: www.RewindYourMind.co.uk

Facebook: <https://www.facebook.com/RewindYourMindTherapy/>

What You Receive in the Program Package:

- Six 1-1.5hr sessions with Ghitta Basson
- Four weight reduction recordings, each 15-45 minutes in length.
- Assignments
- Healthy Eating and Weight Loss Tips eBooks
- Weight Loss affirmations

This program puts the control into your hands and enhances the choices you make about food and exercise. The hypnotic recordings reinforce your progress and allow you to design your own hypnotic suggestions! Incentives to succeed are built into the structure of the program.

The idea of this programme is to help you not just actively lose weight and keep it off, but to have all the tools you need to keep doing this in future.

Every day in every way, you can achieve your goal weight!

The Six Sessions

Session 1, Introduction, Understanding your Weight Problem and First Session.

You'll also receive a recording after this session.

Session 2, Reprogramming and Resetting your Mind. You will also receive An Affirmation Recording.

Session 3, EFT Tapping with take-home assignment.

Session 4, Looking at stumbling blocks or things preventing you from continuing to lose weight

Session 5, The Hypnotic Diet Session and includes a recording.

Session 6, Making changes in your Chemistry to set all these changes. Includes recording plus additional Healthy Eating and Weight Loss tips.

After session 6, you may want to return for additional follow-up sessions, to work through any other issues that may be interfering with the success you seek. You might want to talk about relationships, limiting beliefs, self-esteem, work-related problems, time management, or anything that will help you reduce stress, love yourself, and maintain your progress.

Achieve the Weight You Choose with Hypnosis!

- Get Control Over What You Eat!
- Get Control Over How You Eat!
- Get Control Over Emotional Eating!
- Get Control Over Your Motivation to Exercise
- Get Control Over Your Mind

How does hypnosis work?

Our minds work on two levels - the conscious and the unconscious. We make decisions, think, and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

Will hypnosis work for me?

Generally speaking, every normal person is 'hypnotisable'. That is, people with an IQ of at least 70, and no severe mental disorders. Therefore, virtually everyone can achieve successful results using hypnosis.

This program is time-consuming AND life-changing, and you are worth it! You have what it takes. Believe in yourself and see the results!

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£699 for the entire 6 session course, recordings and assignments paid in full.

That's a discount of £201!

Or individual sessions @ £150 per session.

NOTE: To participate in this program, you must be on a healthy eating plan combined with a suitable exercise regime.

