

Directed Focus Hypnotherapy

\$20 Off

An Individual Hypnotherapy Session for Seminar attendees

* 1st session at regular price, valid on subsequent sessions only (regular price \$80 each), one discount per person

Seminars to be hosted at:

The Frances Anderson
Cultural & Leisure Center

located at

700 Main Street, Edmonds, WA 98020
Room 302

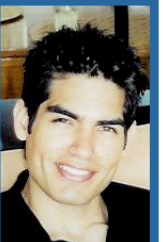
**Beginning Friday,
March 23, 2007 from
7pm to 9pm!**

Attendance is only \$10 (in advance and at the door) and seating is limited so please RSVP at (425) 315-2246 or david@directedfocus.com

The “Mind Coach” Series:

- Hypnotherapy & Your Mind (3/23/07)
- Embracing Your Shadow Side (3/30/07)
- Relationship Strategies: The E & P Attraction (4/6/07)
- Childbirth Hypnosis (4/13/07)
- Past Life Regression & Future Life Progression (4/20/07)
- Your Light & Healthy Body (4/27/07)
- A Hero’s Journey: The Twelve Archetypes We Live By (5/4/07)

I am a Certified Hypnotherapist with many years of experience and I know that when you change your mind, you change your life! Your Mind didn't come with an owner's manual and you're ready to find out how you can be in control of the massive amount of power you do have access to. Sign up for these seminars and have the control you seek. Blessings!



316 Main St., Edmonds, WA 98020 - (425) 315-2246 - www.DirectedFocus.com - david@directedfocus.com

The “Mind Coach” Seminar Descriptions

- Hypnotherapy & Your Mind (3/23/07)

- The average person knows more about the computer on their desk than their own psyche & mind. We'll cover the theory & practice behind therapeutic hypnosis, your suggestibility type and how to affect personal change through changes in your subconscious mind. You will come away with practical tools & insights!

- Embracing Your Shadow Side (3/30/07)

- Find out how your perceived ‘faults’, weaknesses and all the things you dislike about yourself may actually be some of your greatest strengths. Learn how accepting your dark side may be exactly what you need to reclaim your joy, power, dreams & creativity. After this seminar, you'll never see yourself the same way again.

- Relationship Strategies: The E & P Attraction (4/6/07)

- Having a successful relationship is the most important and yet for many, the most difficult aspect of our lives. I'll reveal simply & clearly how the subconscious mind dictates who we choose for partners and why we repeat many of the same patterns over and over again. Learn to recognize the subconscious traits in ourselves and our partners to begin understanding, predicting and finally shaping behavior so that the powerful forces of the subconscious can begin working for us instead of against us in building the successful relationships you want.

- Childbirth Hypnosis (4/13/07)

- A great seminar for moms-to-be! According to scientific studies, moms can look forward to shorter labor, use of little or no pain medication, higher Apgar scores (health rating of newborns), lower intervention rates and the reduced chance of complications when equipped, in advance, with proper hypnotic training.

- Past Life Regression & Future Life Progression (4/20/07)

- Whether you believe in reincarnation or just have an open mind, come and learn about past life therapy and explore your own past lives. Releasing memories from prior lives may lead to more peace & joy now!

- Your Light & Healthy Body (4/27/07)

- Learn how to create that powerful subconscious Vision of a lighter, healthier you to choose the proper foods & portions, feel motivated to exercise, and release the mental & emotional hang-ups around weight. It's time, make your health a priority!

- Hero's Journey: The 12 Archetypes We Live By (5/4/07)

- Experiencing alienation, a void or emptiness inside? Playing prescribed social roles instead of following our own Journeys goes against our Nature. Meet your inner allies & resources to fully create a life you Love!

Directed Focus Hypnotherapy

- Your Life, Just as You Imagine It -

David J Zarza, C.Ht. (425) 315-2246

