

# Available Phone and Skype

## My Well-Being Retreat

Contact: Call 07956 519068 or email [sandi@hypnosis-retreat.co.uk](mailto:sandi@hypnosis-retreat.co.uk)

Website: [www.hypnosis-retreat.co.uk](http://www.hypnosis-retreat.co.uk)



**Self-Meditation** can take you on a wonderful journey into a calm relaxing place from where you will return feeling much better. I will be showing you how to stop... breath....and think about a positive message that takes you forward.

**Self-Hypnosis** is a powerful self-help tool to help you overcome, many things including fears and phobias, that cause anxiety, worry and sleepless nights that can lead to ill health. You will learn how to do this technique with me within the safety of your own home, gaining back control of your life.

**Emotional Freedom Technique (EFT)** helps you let go of any unwanted baggage. Practise this technique with me and you will feel happier, renewed, calm and prepared for an exciting future.

**Self-Reiki** is practising the principles of Reiki's healing energy on yourself. I will teach you Reiki and how to connect and engage the body's natural ability to heal itself. Once tuned-in you gain emotional strength and a feeling of never being alone.

**Vegan Lifestyle** will introduce you to a way of life that encourages healthy living - we are what we eat, drink, use on our skin and in the house and garden. Good health should always come first and I will guide you on this path.

**Animal Magic** is a visually uplifting entertainment where I will introduce you to 'The Loyals', my pack. Watch animals singing and moving in harmony. It will make you laugh, one of nature's best medicines.

**Talking Therapy** helps on a emotional and physical level. Feeling lonely, scared, fearful, frustrated. Let me help you with my positive talking therapy by teaching you the power of self-talk. It will give you the confidence you need now.



My Well-Being Retreat will help and encourage you to become happier, more content, better prepared to face life's challenges and to seek new opportunities.

Available for groups and individuals, My Retreat will be on **Skype** and **Phone**. To receive an invite to one of My Retreats, please contact me for details.

### Sandi Goss

Life Mentor, Vegan Practitioner, Clinical Hypnotherapist, D.Hyp (Imperial College London)

B.S.C.H, FHT, Reiki Master Teacher & EFT Instructor

Registered with the **British Society of Clinical Hypnosis** accredited by

**Royal College of Nursing (RCN)**, Thames Valley University, University of Greenwich  
and accredited by Federation of Holistic Therapists (FHT)