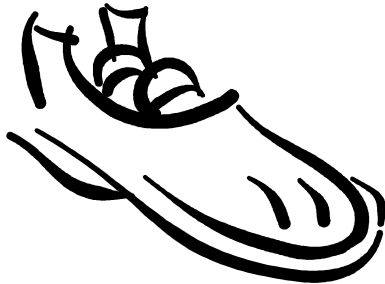


## Hypnotherapy & the Gym



- Hypnotherapy combines hypnosis (trance) with cutting edge research on how the brain works to set up mental & physical changes in how we think and act. Since the mind and body are deeply connected, how we think and feel has a huge impact on how we behave
- The deeply relaxed client is receptive to new ideas as to how to deal with any difficulties and set up a different future
- Trance is a natural state we go into when we are relaxed or on 'auto pilot'. You remain in control at all times
- For those involved in fitness and sport, hypnotherapy is a powerful way to enhance motivation to do well, increasing the power of positive thought to make it much easier to deal with any 'blocks' that are affecting performance
- In addition, there are many natural pain management techniques in hypnosis that can allow you to deal with physical and mental discomfort yourself
- Therefore the intervention techniques and mind relaxation of hypnotherapy can greatly improve our mental state which in turn creates a new level of improved performance