



Sacred Women's Circle:
Kimberley Kennon, Hypnotist
Friday 3/6/2020, 7:30 PM, \$10.00

Join Kimberley Kennon, The Joy Guide, for an interactive transformational hypnosis class. Learn what hypnosis is, debunk the myths, and begin your journey of self-discovery. Did you know that all hypnosis is self-hypnosis? In this women's circle discussion, each student will create personalized affirmations and hypnotic suggestions, practice the basics of self-hypnosis, and then engage in a group hypnosis experience. This discussion is all about connecting with your authentic self – so come prepared to address those areas of your life that result in feeling “not enough” and tune into your subconscious with an awareness that “I AM ENOUGH”. Leave the circle feeling refreshed and invigorated with a new tool to help you live life your way!

Community Yoga
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