

Rise Hypnotic Meditation

June 12, 2021

Yoga in Common

Mrytle Beach, SC

3:00-6:00

A Meditation Practice for Change and Peak Performance

A direct, simple, adaptable practice for life.

Whether you wish to change a habit, improve your relationships or achieve your best in your favorite sport, this practice can help!

Rise Up! It is a New Day!

Mary Welp, CH, is a certified hypnotherapist specializing in Hypnotic Meditation. After 20 years as a practitioner in Craniosacral therapy and 14 years as a certified hypnotherapist, she launched RISE Hypnotic Meditation to teach others how to bring meaningful, positive changes to their lives. She lives in Louisville, Kentucky.

WHAT WOULD YOU LIKE TO SHIFT?

Relationship Help

Feeling Attractive

Trust

Acceptance

Jealousy

Fear of Rejection

Healthy Eating

Sugar Addiction

Self Esteem

Less Negativity

Feeling Loved

Boldness Booster

Procrastination

Smart Phone Addiction

Sports Performance

Overcome obstacles

Get Organized

Self Sabatoge

Interpersonal Skills

Mood

Letting Go of Anger

Guilt

Social Anxiety

Health Issues

Sleep

Fears and Phobias

Parenting

Personal Fitness

Grief and Loss

Boundaries

This practice allows anyone to turn their attention inward and shift for the better. Whether habit, fear, imprint or conscious block has you limited, this is the practice to help you shift to a healthier, happier you.