

Workshop - Weight Loss Boot Camp for the Mind

Do you.....



- Struggle to lose weight?
- Yo-yo diet?
- Feel guilt about eating?
- Doubt your own abilities to control food?
- Sabotage your success?
- Find it difficult to say no?
- Wonder why you are not able to lose weight
- Wonder why you can't remain slim?

Are you fed up with the continual cycle of dieting, losing and gaining weight?

Boot camp for the mind is a one day intensive workshop... “workout” for the mind; to train your neural pathways into wanting to be slimmer... for good.

The mental workout will involve analysing why the mind chooses not to eat healthily; be it due to emotional reasons, behavioural habits or simply associations; every person is individual and there may be one reason or a hundred.



These reasons once determined will be addressed both consciously and more importantly, subconsciously using hypnosis, self-hypnosis, NLP (neural linguistic Programming), and IEMT (integral eye movement therapy). Changing both the emotions towards food and the behaviours and patterns linked to eating.

The course is run by two qualified hypnotherapists - Andy Cox and Tracey Grist of Assured Effects Hypnotherapy, both have specialisations in weight reduction techniques. They will be using new, unique, and more importantly, successful techniques to train the mind for the body to follow.

There is much judgement involved in being overweight, and we know that the worse judge can be inside our own heads. **Bootcamp for the mind** is about breaking FREE.... freedom from food, freedom from judgement, freedom from that voice inside your head.

The course runs from 10am-4pm (with a pleasurable lunch break, so please bring a packed lunch that you will enjoy).

Due to demand and limited numbers it is advisable to book your place now.

The usual cost for the day is £149.00 however; special agreement has been arranged with the reCentre allowing the one day course to be run at £99.00!

<p><u>Workshop Overview</u></p>	<p>This workshop is an intensive work out for the mind and it will train you in the secrets of successful weight control. The workshop is rigorous yet fun. It will get your mind racing and set your body working too. The course is run by qualified weight loss experts and is highly specialized using the latest psychological techniques.</p> <p>It is personalized to enable you to identify the areas in which you where you need to focus. And you are able to speak to discuss your concerns directly with the specialists.</p> <p>The workshop includes work on confidence building, motivation, and self-esteem.</p>
<p><u>Who Will Benefit From The Workshop?</u></p>	<ul style="list-style-type: none"> • People who struggle to lose weight • Yo-yo dieters • People who want to enjoy food again • People who doubt their own ability to control their weight • People who sabotage their own chances of success • People who find it difficult to say "No" • People who feel the need to increase their confidence or self esteem
<p><u>What Will You Gain From the Workshop?</u></p>	<ul style="list-style-type: none"> • How to change the way you think about food • Easily embrace a healthier lifestyle by being in control of fitness and weight • How to rule out the desire to diet by increasing your desire to eat healthily • How to break free of the weight loss/weight gain cycle • Recognise that although you are individual you are among the majority of individuals that have problems with weight control • Relate your behaviours and habits to your emotions • Identify different types of eating behaviour – association, boredom, emotional and hunger! And address them • Improve your self-esteem and body image – feel good about yourself again • Weight CONTROL – easy maintenance by lifestyle change – NEVER diet again.
<p><u>Programme Topics</u></p>	<ul style="list-style-type: none"> • The subconscious mind – our beliefs and behaviours • Why do humans eat? Boredom, emotions, association. • Portion control • Feeling full – how do I stop eating? • Appetite – who’s in control – mind, emotion, stomach? • Activity and exercise is NOT the gym! • Snacks and treats • Fear of failure and self-sabotage • Building self-esteem • Setting achievable goals

<u>Methods</u>	<ul style="list-style-type: none"> • Trainer presentation and group work • Questions and feedback • Neuro-Linguistic Programming (NLP) and hypnosis • NO diets, aversions or rigorous regimes • IEMT (integral eye movement therapy)
<u>To Take Away</u>	<ul style="list-style-type: none"> • Workshop notes and a self-hypnosis cd • Motivation! • A new lifestyle
<u>Where and When</u>	<ul style="list-style-type: none"> • reCentre-Health • 246 Balham High Road, London, SW17 7AW • Sunday 12th August 2012 • 10am til 4pm
<u>Booking</u>	<ul style="list-style-type: none"> • One day intensive boot camp • Max group size 12 – 2 specialist trainers (1 to 6 ratio) • £149 per person – discounted to just £99 • Strictly limited availability • Telephone 020 8672 4455 or 020 8772 0222