**Trance Successful Upcoming Workshops**

Each workshop will be three hours. Sunday workshop run from 1 till 4 pm, and weeknight workshops are 6 till 9 pm. Cost per workshop is $75 but when you register for any two or more, cost is reduced to $50 each! Anyone attending two or more workshops can also schedule up to four private sessions for only $50 each – a savings of $30 per session. Note: Each of the workshops will be offered again later in the fall. You may attend a later one as part of your package instead of the August or September ones.

**August 29th – First Steps Towards Living Happier and Healthier Through Hypnosis …**Learn how to replace stress, anxiety, panic with a sense of peace, calm, & balance by working through the Chakras, opening them and empowering yourself. Practice living life to the fullest, in harmony with nature, seeing your own desires and goals coming to fruition. This session includes mediation, Chakra work, creation plans for a Vision Board and an introduction to “Laugh Yoga” all through a sample session of hypnosis for breathing in the positive and releases negative thoughts and actions.

**September 19th – Past Lives – The Where, When, Why of It and How That Affects Us Now…**Does it ever feel like you are familiar with a place you are visiting for the first time? Have you ever had strong feelings – positive or negative – about someone you just met and not understand why? Whether you believe in reincarnation or not, it is possible to learn more about why you do what you do in this lifetime by experiencing past lives during a hypnotic trance. Questions about your behavior, your feelings towards others, and actions you repeat can possibly be answered by understanding “Karma” from previous lifetimes. Contracts we made before coming into this life that are no longer benefitting us can be broken. New ways of seeing ourselves and other’s actions are possible. Releasing shame, guilt, fear and replacing those feelings with self-love and forgiveness can be yours.

**October 9th Clinical Hypnosis for Gastric Band Weight Release – Without the Surgery…**Imagine feeling as if your stomach is the size of a golf ball without the dangerous and costly surgery. Learn the eight steps of commitment towards a healthier, happier lifestyle, without feeling hungry, deprived or unsuccessful. Begin looking forward to exercise, seeing yourself as the trimmer person you want to become. This workshop will give you the overview of what happens with hypnosis rather than diets, pills, fads. Learn how hypnosis can help you keep your promise to yourself of releasing unwanted weight. A sample of what it feels like to be in a hypnotic trance will show you that you are always in control, aware of everything that is happening and give you a sample of the psychological tools that keep you invested in your weight release plan.

**October 24th - Dream Interpretation in a Hypnotic State…**Dreams are our subconscious mind’s way of telling us things we need to know. Whether it is an answer to questions we aren’t even aware we are asking, issues we do not know how to handle, or simply ways to better express how we feel, our dreams are there to help. Learning what the confusing or sometimes scary actions within a dream mean is simple, when you know what to look for, what each person or activity in the dream stands for, and how to use these tools in the most positive way. We each dream every night, even when we don’t remember anything. There are simple ways to teach ourselves how to remember and what exactly we should record. Our workshop will both teach how to remember dreams and we will interpret dreams that the students bring to the session.

**All workshop sessions are at 16860 S. Oak Park Ave, Suite 104, Tinley Park, IL 60477.**

Checks payable to: Trance Successful. To sign up on-line, go to: griffisjones@msn.com. For questions, call Melanie Jones at 708-305-3680. Melanie is an Advanced Certified Clinical Hypnotherapist and member of the National Board for Certified Clinical Hypnotherapists, the America Association of Professional Hypnotherapists and the National Guild of Hypnotists as well as a Licensed Professional Counselor in the state of Illinois**. www.trancesuccessful.com**