



# Hypnosis For Healing

*Stop living the life you  
no longer want –  
& open up to the  
life you deserve*

EcoHealth and Wellness  
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This information is not intended to replace the advice or services of a medical doctor. Hypnosis is not psychotherapy.

## ***What is hypnosis?***

Hypnosis is a state of deep concentration where you are fully relaxed but also awake and in control. The subconscious mind is open to positive suggestions without interference from the critical voice in hypnosis, so you can release the habits that no longer serve you well, and set up new frameworks, feelings and mindsets to live the life you want.

When you re-program your mindset your thoughts create the beliefs, feelings, words and actions that get the results you want.

## ***What can Hypnosis help me with?***

### Health

- ✓ Weight Loss
- ✓ Relieve insomnia
- ✓ Reduce high blood pressure
- ✓ Relieve pain

### Self-Improvement & Motivation

- ✓ Remove fears
- ✓ Relieve stress
- ✓ Release self-sabotaging behaviors
- ✓ Remove recurring negative thoughts
- ✓ Increase self-confidence for public speaking, performance, interviews
- ✓ Eliminate Procrastination
- ✓ Adjust to new situations in life or at work

### Relationships

- ✓ Build positive relationships
- ✓ Overcome previous relationships

## ***Why work with me?***



**Joanna Krop B.Ed, M.A.**  
*Transformative Coaching*

- Consulting Hypnotist
- BioResonance Therapist
- Reiki Healer
- Yoga Instructor
- Teacher Wellness Coach

Having been a teacher for 10 years and then working in the interpersonal healing field, I'm not interested in feeding people gimmicks and quick fixes that pressure people to achieve outcomes but ignore their real needs. Healing is spiritual and it is natural. We are all healers – I only facilitate the wisdom you already have to come to the forefront so you inspire lasting change in yourself. We will use hypnosis and transformational coaching processes to go deep and get results. It's my mission to teach people to avoid the patterns that block their truth and help them uncover their best, vibrant and beautiful selves.

**You have permission  
to live a happy life**

**You can release yourself from any  
conditioning which causes you to suffer**

***You are ready***

## The *Ready to Re-Set* Intensive

### Shift Your Life in 90-Days

We can always create a fresh start!  
Sometimes we are ready to dive in and make deep changes.

The **Ready-to Re-Set Intensive** is a 90-Day program where we work together to get you **unstuck** and onto the path of **how you want to feel** to go forward **with healing and optimism**.

#### REFLECT

- assess the factors that dominate and drain your energy & understand why those patterns exist
- discover why you are holding on to what you have outgrown

#### RELEASE

- break the hold these patterns have on you so you are not trapped
- learn to release negative thoughts
- release shame and self-blame

#### RE-BUILD

- become a visionary in your own life
- open to new possibilities
- set healthy emotional foundations
- create time and energy for new things
- access your power

## Are you *Ready to Re-Set* ?

### Are you...

...Ready to deep dive into your life, not to dwell in problems, but to release and restructure to be free of them

...Ready to stop feeling sick and tired of being sick and tired

...Ready to heal and release the wounds, re-playing mental tapes, stories and reactions that keep us stuck in places we'd rather not be

Then you could be ready for a plan to get you to where you want to go with support that can get you there.



### *The Ready to Re-Set Coaching Intensive*

### *Shift your Life in 90 Days*

*Desire*

*Transform*

*Achieve*

Contact Joanna for more information

## Hypnosis Heals

### Dealing with Stress

We all go through busy, stressful times and can react with anxiousness, fear, anger and negative thinking. Hypnosis can eliminate the thought patterns that create negative responses to stressful situations. Hypnosis can silence the critical voice in our head that is always pushing us to do more and can re-program our beliefs and habits to align with a healthy, manageable and pleasurable lifestyle.

### Dealing with Chronic Illness

Dealing with long term illness can make us feel vulnerable, isolated and deflated. It is easy to fall into fearfulness about our health and life and feel stuck, hopeless or frustrated. Hypnosis can help reduce fears around illness and instill healthy coping habits to face each day with more positivity. It can help you relax, reduce pain, and even speak to your body to train it into healthy functioning. Hypnosis can bring good feelings of health empowerment to the forefront so recovery is faster and easier.

### Break Out of Old Patterns

We are all products of our surroundings, our upbringing, our culture and society. Sometimes we take on patterns from an early time in life that no longer serve us well. Hypnosis can delete those imprints from the subconscious and set up new patterns of thinking, speaking and being that reflect who we now are and want to become.