

First Steps Derbyshire

Understanding eating difficulties and disorders

hypnotherapy...

Why choose hypnotherapy ?

Hypnotherapy has been recognized as very powerful method for personal development. In fact, it is known to have been in use for the past 6,000 years! Today, people use the power of hypnosis to help deal with a vast range of problems.



What does hypnosis

feel like ?

You are deeply relaxed and calm, aware of everything happening around you. It is a pleasant and enjoyable state, very similar to daydreaming or drifting off to sleep. You will feel wonderfully relaxed and you may find that your sleep will be of a much better quality

Interested?

Contact us at.....

126, Osmaston Road,
Derby, DE1 2RF

T: 01332 367571

M: 07525055673

info@firststepsderby.co.uk

www.firststepsderby.co.uk



Tuesday Evenings. 7—8pm
Block booking of 6 session for a
Small charge of £18.00