

# “Weight Loss That Lasts” – Group Sessions

- Group Online Sessions are \$300.00 for 4 weeks =+1 free Qigong Session, and my book.
  - Buy one & invite a family member, or friend to join you at \$200 for them.
  - If you buy a group session you get 10% off your first personal session or Somatic Emotional Release Treatment. *Personal Sessions are \$150.*
  - Buy package and if you can't make it to the sessions online, you still get the recording.
  - Down payment reservation required. Non-refundable but can be applied to another group session or personal session in the future. \$100.00 to reserve your place.
  - **Not a diet and exercise kind of class...It's about using your mind for change that lasts**
- Space is limited to 10. All Sessions are Live Zoom Events**

Wednesday nights 7-8:30pm

Beginning Wednesday September 9th for 4 Weeks



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[www.MyNameIsPhoenix.com](http://www.MyNameIsPhoenix.com)

## Each Program Contains:

- Hypnotherapy Sessions
- Video Recording of Each Session--personal use
- Breathing and Mindfulness Exercises
- EFT/ TFT Exercises
- Join us for 1 Qigong session-Free
- A complimentary PDF version of my book – *“Turning Trials into Triumphs The Way of the Phoenix-A Guide to Personal Empowerment Through Coping Strategies and Life Skills”*
- Paperback Workbook can be purchased for \$25.

## Learn How to Lose Weight and Keep It Off!

- *Learn Simple Habits that will help you succeed - that don't include counting calories, or measuring food.*
- *Understand why 'Eat Less and Move More' doesn't completely work.*
- *Discover how Breathing Exercises can boost metabolism.*
- *Recognize why you haven't been successful in losing weight before, and gained it back.*
- *Learn Powerful Practices to engage the cooperation of your Subconscious Mind. (The Real Boss)*
- *Harnessing Thermogenesis to increase weight loss*
- *Why Chocolate is your friend in weight loss*
- *Learn new Thought Habits that last*
- *Discover Aromatherapy for Weight Loss*

