



*It's time to Shine*

### *Personal Empowerment Coaching & Hypnotherapy*

This Gift Certificate Entitles you to a 1 hour Personal Empowerment Session.

This can include: Guided Visualization, Hypnotherapy, Emotional Freedom Technique, Thought Field Therapy etc.

You choose what you want to work on and a custom session will be designed for you personally. This can be done in person or over a video conference.

*Get Ready for Positive Transformation.*

Phoenix Alexander- Reg. Hypnotherapist and Personal Empowerment Coach

253-838-3336

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