

unleash your inner confidence: hypnotherapy + meditation with HueLan Tracy Chau

Do you want to believe in yourself?
Are you tired of playing the “fake it till you make it” game?
Are you ready to feel what it’s like to trust yourself no matter what?

Developing self-confidence doesn’t require years of therapy or medication. Low confidence is only a miscommunication between your conscious and subconscious mind and can be rewired.

In this awakening workshop, you will learn to break through negative thinking and harmful beliefs about yourself. You will learn how to connect with your inner resources and look at some of the core beliefs that are holding you back from living fully and fearlessly using RTT/hypnotherapy, meditation, breath work and tapping.

You’ll learn to:

- Unlock the three secrets of the mind.
- Upgrade your ability to tap into your own intuition.
- Change the way you think, feel and act.
- Release negative thoughts and harmful beliefs that crush your confidence.
- Sharpening your awareness.

Self-confidence is already in you. You just need to untap it.

[HueLan](#) is a trained Rapid Transformational Therapist (RTT)/Clinical Hypnotherapist using the Marisa Peer method. A Reflexologist, Reiki and Martial Arts practitioner and a Cultivating Emotional Balance Guide taught by Dr Paul Ekman and Dr Alan B.Wallace under the guidance of HH Dalai Lama. Also, a committed meditator under the tutelage of Tsoknyi and Mingyur Rinpoche. For more information about HueLan’s work, please visit www.loveyourmind.co.uk

triyoga provides yoga sessions taught by the best independent teachers. triyoga also provides the space for independent teachers and therapists to provide services such as Pilates, workshops and treatments. All payments for these services are accepted by triyoga on behalf of the teacher or therapist.

Saturday 24th November

10.00 – 12.30pm

£30

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