

# HYPNOMOTHERING™ WITH SILVANA

A ONE DAY 2.5 HOUR CLASS FOR MOMS TO BE, NEW MOMS AND  
MOMS OF YOUNG CHILDREN

AVAILABLE DATES:

SUN NOV 4<sup>TH</sup> 11-130PM  
SAT NOV 24<sup>TH</sup> 1230-3PM  
SUN DEC 9<sup>TH</sup> 11-130PM



## INVITING CALM INTO MOTHERHOOD



### WHAT YOU WILL LEARN:

- Self-hypnosis to relax and find balance and calm even on very stressful days
  - Techniques as quick as 30 seconds to re-frame any kind of day
  - Introduction to hypnotic time distortion to super charge a power nap
  - Fresh strategies for creating and flexing with motherhood's "new normal"
  - Learning to tune in to your baby to enhance bonding and mother's intuition
- Coping confidently with the pressures of differing parenting styles presented by friends, family, etc.

Silvana has been in the wellness field for over twenty years. Her mission is to help simplify everyday life by integrating nutritional, mental, emotional and physical well being. Silvana's passion is creating a peaceful planet which starts with healthy conception, calm birthing and beyond.

Promo Pricing: \$65

To Save your Spot: call us @ 647-478-1774, email [info@vividhealth.ca](mailto:info@vividhealth.ca) or Vivid Health Facebook Page