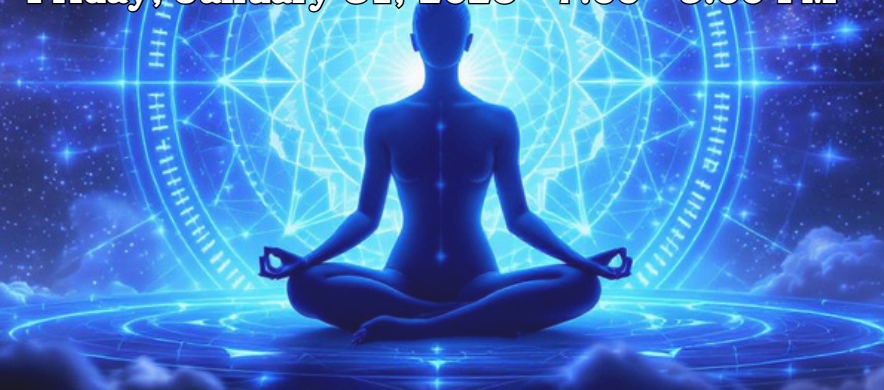


# Soul Sync

It Clicks in 2026

Friday, January 31, 2026 - 7:00 - 9:00 PM



**CLARITY CLICKS**

**\$60 per person**

**(\$65 door)**

## Start Your Click Year With Clarity

Soul Sync: Clarity Clicks is the first session in this year's transformational series, It Clicks in 2026 — a journey of alignment, insight, and inner activation. This session helps you clear the mental fog, reconnect with your truth, and begin the year with deep intention and grounded energy.

Each Soul Sync session stands alone — but the series is intentionally crafted so your Click Year builds and deepens with each experience.

### What to Expect:

- **Guided Hypnotherapy:**
  - Drop into deep relaxation and connect with the part of you that already knows your direction for 2026.
- **Clarity Mapping Ritual:**
  - A guided process to uncover what's calling you forward this year — and release what no longer fits your energy, purpose, or path.
- **Insight Integration:**
  - Anchor your breakthroughs using the Soul Sync Mini-Workbook and Click Year prompts so clarity becomes action, not just a moment.
- **Connection + Q&A:**
  - Share insights, ask questions, and receive gentle guidance in a supportive space.
- **Ritual Keepsake:**
  - Each Soul Sync experience includes a small clarity-aligned ritual item selected to support your energy and intention throughout 2026.

### Why This Session Matters:

Your year doesn't start with hustle — it starts with clarity.

When your energy is aligned and your vision is steady, the rest of your Click Year begins to fall into place naturally.

*This session creates the grounded, intentional beginning you deserve.*

**Limited to 20 Participants—reserve your spot today!**

**Dr. Candace Hayden** is a certified hypnotherapist and life/health coach who has been guiding clients through personal growth and transformation for years. Using hypnotherapy and coaching, she empowers individuals to align their intentions, release limiting beliefs, and design lives filled with purpose and fulfillment.

Visit Candace's Website to Learn More: <https://www.livinlife-llc.com>

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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