



RESTORE YOUR BODY AND MIND. BE GUIDED TO YOUR PERSONAL PARADISE.

Find rejuvenation while experiencing the benefits of hypnosis and restorative yoga.

This inclusive yoga practice is combined with hypnosis and is specifically designed to support you in restoring your health and wellbeing. Suitable for all levels of experience and abilities, this 50 minute practice sets you up for a restful night's sleep.

Designed as a slower practice, restorative yoga is perfect for right before bed. Paired with hypnosis that's designed to support a mindset of rest and restoration, this live practice allows you to join virtually from the comfort of your own home - making it even easier to sign off at the end of class and get the best night's rest that you've had in a long time.

You can expect to receive the following benefits:

- relaxes muscles
- reduces blood pressure
- lowers cortisol levels, decreasing your chances for disease
- speeds up recovery from infections and muscle soreness from working out
- reduces inflammation, aiding in weight loss and chronic pain
- reduces tension including teeth grinding
- aids in a deeper level of rest
- promotes an empowered mindset

What does hypnosis add to your Restorative Yoga practice?

- enhances your experience by utilizing the four stages of hypnotic trance state to support your mindset
- allows you to override the conscious mind and work with the subconscious mind
- creates a space for you to get clear on your personal intention/goals in your practice
- supports you in fostering a highly focused mental ability

No fancy equipment is necessary - your instructors will send you a list of household items to bring to class.

Next available training date:

September 12, 19, and 26th - Mondays at 8pm CT [virtually]

To register, email:

Info@IntegrativeLifeWorks.com



Sandra Grace

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With more than 35 years combined of teaching and coaching experience, Sandra Grace and Amanda Dell'Aquila have learned the best secrets to successful Coaching, Speaking and Training. As Certified Consulting Hypnotists, Reiki Master/Teachers, Certified Teachers, and more, they are passionate about training entrepreneurs, like you, to manage your energy as you confidently and powerfully grow your businesses.