

## **Lose Weight for Life Group Hypnosis Seminars in Rockingham**

The lose weight for life group hypnosis seminars include four by three hour workshops. Each of the workshop was designed as a complex, whole system to find a special interest of your lose weight goals. You can join to the serious of the four workshops or individual parts regarding your lose weight interest.

### **Part One :**

Designed to switch off your old eating habits and turn on the new lifesaving slimming down eating habit to easily reach your ideal weight and eliminate craving for unhealthy sugary, oily food, increase the desire to eat healthy life-giving food. Gain mental support to be satisfied with the smaller portion of meals. Develop the ability of your subconscious mind to increase your creativity to make the right food choices.

### **You will learn also:**

- The main principles of hypnosis.
- The eight golden rules of weight loss success,
- Six ways to dealing with head hunger,
- Four magical foods to increase your thyroid function,
- Seven health promoting food
- five health destroying food

### **Part Two:**

Lose weight by Hypnosis. Experience creative ideas that lead to healthy eating habits and lifestyle.

- Discover the seven secrets of the naturally slim people.
- Feel more control over food.
- Reinforce your lose weight goals and keep motivated.

### **Part Three :**

- Recognise emotional hunger.
- Control your response for stress.
- Learn to appreciate yourself.
- Increase your metabolism.
- Reinforce your lose weight goals and keep motivated.

### **Part Four:**

Recognise and eliminating common obstacles by adapting key techniques that increase your capacity to success.

- Make exercise easy
- Remove that hidden subconscious barriers that were silently sabotaging your ability to be successful.
- Developed that slim, toned body what you always wanted.
- Reinforce your lose weight goals and keep motivated.

Your investment: \$ 170.00 per seminars. If you join to the series of four seminars your investment is \$680.00. Terrific discounts available to those who book and pay in advance, please read on for further details.

**Make your booking and payment by 10th of May and pay only \$340.00 for the four parts of the workshop. Save 50% \$340.00**

If you join 1 or 2 parts of the series of four seminars your investment is \$ 170.00 per seminars.

Make your booking and payment before 10th of May and save. Pay only \$95.00 per seminar.

We provide workshop handouts and CDs to help you to be successful.

For bookings or further information please call Vitality Clinic: 043 3167 704

Email: vitalityclinic.a1@gmail.com

Venue will be held in Rockingham

**Date of the workshops:**

<b>Workshop Number</b>	<b>Date Of Workshop</b>	<b>Registration Time</b>	<b>Seminar Start Time</b>
1st Workshop	28/05/16	2:30 p.m.	3.00 pm
2nd Workshop	04/06/16	2:30 p.m.	3.00 pm
3rd Workshop	11/06/16	2:30 p.m.	3.00 pm
4th Workshop	Date to be arranged	T.B.A.	T.B.A.

**Enrolment Form**

**Vitality Clinic Health Seminars**

Name .....

Address.....

Email Address.....

Name of Workshop.....

Payment Method:

- Cheque ● Debit card

Please address your cheque to Vitality Clinic.

Please complete the enrolment form and send or email to us to

Vitality Clinic with your payment.

Po Box 914, Canning Bridge WA 6153 or

happymind379@gmail.com

**Credit card payment form:**

**Payment Method**

  

We accept:  
Credit Card

Cardholder Name:

Credit Card Number:

Expiry Date:

CVV Number:

## Confidential Client Intake Questionnaire:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

How did you find out about us? \_\_\_\_\_

Have you been hypnotized in the past \_\_\_\_\_

1. What methods of weight loss have you used in the past?
2. Why did you regain the weight?
3. What are the three main reasons for your wanting to lose weight?
4. What is the one main reason that you are currently overweight?
5. List three fears you may have of continued weight gain.
6. What fear might you have of losing weight?
7. What types of foods do you normally have the most trouble with?
8. What triggers excessive eating/or the eating of 'wrong' foods?
9. How does being overweight affect your life? i.e. How does being overweight impact the way you think, feel and behave with your loved ones, at work/school, with friends and with others?
10. What will you gain from being your ideal weight? How will your life look when you are your ideal weight?
11. What parts of your life are not contributing to your weight loss goals?

### Exercise

1. How often do you exercise?
2. What types of exercise do you do?

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

**Vitality Clinic**  
*21/7 The Esplanade, Mt Pleasant*  
*95 Woodbridge Dr. Rockingham*  
*Phone: 043 316 7704*

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**Terms of Acceptance, DISCLAIMER and LIABILITY WAIVER**

When a patient seeks help and we accept a patient for such care, it is essential for both to be working towards the same objective. Insomnia is has specific goals. It is important that each patient understand both the objective and the method that will be used to attain it. This will prevent any confusion or disappointment.

We do not offer to diagnose or treat any disease. We offer methods of restoring balance to your mind as a way of helping you lose weight. If you desire advice, diagnosis or treatment for anything going on in your body, we will recommend you seek the services of another health care provider.

**Advanced Hypnosis:**

I understand that the hypnotherapist cannot guarantee results any more than a doctor can guarantee results from a particular prescription or surgical procedure.

I understand that hypnosis is not mind control, and that the hypnotherapist does NOT do anything to me while in or out of trance.

I understand no one on this planet has ever suffered adverse affects simply from being hypnotized.

**NLP: Neuro Linguistic Programming**

NLP is a system of working with the mind and the programming and ways in which the mind works. By working with the patterns, belief systems, and ideas the brain uses to store and retrieve information and ways the brain uses to carry out the functions of the body, NLP is often able to quickly help you change this “programming”. This allows you to make changes at the unconscious level in a matter of minutes, vs. days or years with other systems. NLP only works because you choose to do it or not. NLP cannot do anything you don’t want to be done.

I understand that the lose weight by hypnotherapy system has NO STATED REFUND POLICY.

I understand THE SESSIONS WILL BE RECORDED for Vitality Clinic’s client files.

Again, we do not diagnose or treat. We do not want to replace your medical doctor or alternative medical treatments.

I, \_\_\_\_\_, have read and fully understand the above statements.  
(Print name)

All questions regarding the doctor’s objectives pertaining to my care in this office have been answered to my complete satisfaction. I will not hold this clinic, Vitality Clinic or any of the staff liable for any adverse effect on my health; nor will I hold this clinic, Vitality Clinic or the staff liable if I choose to go against my doctor’s medical advice.

I therefore accept the aforementioned types of care on this basis.

Your signature.....Date

## **Some further information**

The weight loss group hypnosis seminars will be conducted by Vilma Domavari, the founder of the Vitality Clinic. Vilma holds a bachelor degree in teaching, diploma in counselling and clinical hypnosis. She is certified lose weight and quit cigarettes specialist. She is certified hypnotic gastric band specialist.

She is Neuro Linguistic Programming (NLP) practitioner and certified teacher of clinical hypnosis and NLP. Vilma has a 20 year experience in teaching. She dedicated herself to help people to overcome bad habits and gain confidence, increase self esteem, and develop the positive motivation to live your life what you want, be successful and happy.

Vilma developed her own weight loss system. Vilma weight loss system is not a diet. It is a life changing experience. During these lose weight hypnosis seminars you will experience life changing transformation. You learn to eat healthy and release all unwanted fat without counting calories or suffering from hunger. You will learn to love exercise and overcome negative feelings.

The group hypnosis process offers a wonderful energy and opportunity to change your diet. Slimming down and increase your confidence. These weight loss group hypnosis seminars are a transformational workshops. You experience a holistic way to transform yourself into the slimmer and happier you, feel positive about your future. You gain powerful experiences in personal development based on the principles of clinical hypnosis and positive mind setting.

### **Some testimonials/experience:**

"I have never lost weight on a diet before. The weight is falling away with little effort and my attitude is positive now. I do not feel like I am depriving myself of treats. I feel in control of my weight and my life. It is the best money I have ever spent!! I thoroughly recommend Vilma as a positive, enjoyable therapy session, who welcomes and has great motivating tips as well as the hypnotherapy." **Susan Claydon, Mandurah**

"After the first session I stopped drinking ice coffee and eating ice cream. I have no craving sugary food. I trimmed down 8cm around my belly, 2 cm around my waist line. I eat smaller meals. Easier to say no to things. I exercise 3 times a week) I lost over Xmas 1.3 kg." **Danielle, Rockingham**

I have more energy and I sleeping better. I feel myself more confident and happier person. I'm eating healthy lunch and I preparing healthy dinners. I say NO to sugary food at work. In 4 weeks I lost 5kg. I feel happy and confident. **Carolyne, Applecross**

### **Vitality Clinic**

Lose Weight by Weight Loss Hypnosis

Mobile: 043 3167704

### **THE SEVEN GOLDEN RULES OF SUCCESS**

1. Keep committed to your dreams and if need make short term sacrifices to achieve your goals.
2. Set deadlines.
3. Design a specific time frame for your goals and take small steps to meet them.
4. Act as if you are already successful. See yourself in your ideal weight and size.
5. Visualize by beginning with the end in mind. " I am slim and toned."
6. Have a good rest overnight
7. Frequently ask yourself: Is this activity moving me forward to achieve my goals?
8. Stay positive