

Hypnotism Center of Western Montana  
140 Cherry Street, Hamilton, MT 59840  
rswartz@hypnosis4yourlife.com  
406-375-0446

### Schedule of Classes 2011-2012

<u>DATE</u>	<u>COURSE TOPIC</u>	<u>TIME</u>
<b>September 2011</b>	<b>Introduction to Self-Hypnosis</b>	
Monday, Sept. 12	Introduction to self-hypnosis - part 1	6-8:30 pm
Wednesday, Sept. 14	Introduction to self-hypnosis - part 2	6-8:30 pm

\* Learn the truths about hypnosis and how it can be used for health and wellness.

Included is a group relaxation and a demonstration. (part 1)

\* Learn to induce self-hypnosis. Speak clearly and effectively with your subconscious mind. (part 2)

\*Introduction to self-hypnosis part 1 and 2 are a prerequisite for all other classes. Cost - 50.00

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Class topics will be explored in great detail. Part 1 covers the use of self-hypnosis and can be taken alone. We'll explore some basic subconscious associations, self-hypnosis techniques and how to formulate your own suggestions for helping to eliminate the problem. Part 2 goes into more depth and explores the subconscious patterns and associations behind the problem. Included are activities in self-hypnotherapy for creating positive changes for yourself on the core, inner level. Attendance in part 1 is required in order to participate in the second part for each subject topic presented. Take both parts and receive a 20% discount.

Cost - 25.00 each or take both for \$40.00

<b>September 2011</b>	<b>Eliminating Insomnia / Understanding Dreams</b>	
Monday, Sept. 19	Self-hypnosis - part 1	6-8:30 pm
Wednesday, Sept. 21	Self-hypnotherapy - part 2	6-8:30 pm

<b>October 2011</b>	<b>Getting Past Procrastination, Sabotage and Perfectionism</b>	
Monday, Oct. 3	Self-hypnosis - part 1	6-8:30 pm
Wednesday, Oct. 5	Self-hypnotherapy - part 2	6-8:30 pm

	<b>Lessening Anxiety, Fear, Phobias</b>	
Monday, Oct. 10	Self-hypnosis - part 1	6-8:30 pm
Wednesday, Oct. 12	Self-hypnotherapy - part 2	6-8:30 pm

**Classes will be on hold through the new year and will resume in January 2012.**

<u>DATE (2012)</u>	<u>COURSE TOPIC</u>	<u>TIME</u>
<b>Jan. 2012</b>	<b>Introduction to Self-Hypnosis</b>	10:00 am - 3:30 pm
Saturday, January 7	Introduction to self-hypnosis - part 1 & 2 (includes a 30 min. break - please bring your own lunch)	

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### **Let Go of Excess Weight**

Monday, Jan. 9	Self-hypnosis - part 1	6-8:30 pm
Wednesday, Jan. 11	Self-hypnotherapy - part 2	6-8:30 pm

### **Stop Smoking**

Monday, Jan. 30	Self-hypnosis - part 1	6-8:30 pm
Wednesday, Feb. 1	Self-hypnotherapy - part 2	6-8:30 pm

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### **The Mind Body Connection**

Monday, February 20	Self-hypnosis - part 1	6-8:30 pm
Wednesday, February 22	Self-hypnotherapy - part 2	6-8:30 pm

### **Working with the Ego States**

Monday, February 27	Self-hypnosis - part 1	6-8:30 pm
Wednesday, February 29	Self-hypnotherapy - part 2	6-8:30 pm

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### **Pain Control**

Monday, March 12	Self-hypnosis - part 1	6-8:30 pm
Wednesday, March 14	Self-hypnotherapy - part 2	6-8:30 pm

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### **Introduction to Self-Hypnosis**

Monday, April 2	Introduction to self-hypnosis - part 1	6-8:30 pm
Wednesday, April 4	Introduction to self-hypnotherapy - part 2	6-8:30 pm

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### **Fibromyalgia and Chronic Fatigue**

Monday, April 16	Self-hypnosis - part 1	6-8:30 pm
Wednesday, April 18	Self-hypnotherapy - part 2	6-8:30 pm

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### **Altered States for Manifestation**

Learn how to use altered states for creating the life your heart desires. This week-end includes lots of workshops. (You can bring your favorite crystal or other object if you'd like to do so.)

Saturday, April 28	9:00 am - 5:00 pm
Sunday, April 29	10:00 am - 4:00 pm

\* Cost - \$100.00 for this 2 day event (please bring your own lunch)