

To register, call (603) 230-7300
or visit our Web site at www.concordhospital.org

Reiki Energy Healing

Natural hands-on healing therapy that gently balances life energies and brings health and well-being to the recipient.

- *Peaceful relaxation*
- *Pain relief*
- *Increased energy and stamina*
- *Balanced emotions*
- *Healing on many levels-physical, mental, emotional & spiritual*
- *Compliment to any other medical treatment*

Universally directed “Life Force Energy” is transmitted through the light touch of a certified practitioner’s hands to a client who reclines fully dressed. Feel balanced, renewed and grounded!

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Hypnosis

Ever find yourself daydreaming? Lost in a good book or movie? Lose track of time? Did you know everyone experiences hypnotic states at least 10-12 times throughout their day! Now harness this natural, innate ability to create the healthy lifestyle changes you want through hypnosis!

- *Lose Weight*
- *Quit Smoking*
- *Reduce Stress*

In a session you are gently guided into an altered state of consciousness to achieve desired outcomes in behavior and encourage physical and emotional well-being. Individual sessions available.