

**PRIZE DRAW:**  
1 month's free *Spirit*  
membership if you  
register for your  
Weller Associates'  
session before  
12th Sept!

# Sofa So good



- Are you fed up with diets that don't work? Do you want to regain control of your life?
- Weller Associates can help, with our tried and trusted hypnotherapeutic techniques, we have a revolutionary way of dealing with stress and other associated problems.
- You can lose weight, stop smoking and more, simply by using the power of suggestion.
- Our popular sessions are group-based and inexpensive.
- We will be holding an Open Day at the Spirit Health Club (located at the Holiday Inn, Peartree roundabout) on 12th September, with weekly sessions beginning on the 19th September. To make your booking, contact reception or call 01865 888444 now!

**PRIZE DRAW:**  
1 month's free *Spirit*  
membership if you  
register for your  
Weller Associates'  
session before  
12th Sept!

# Open Day 12 Sept

- Spirit Health Club is proud to announce a series of group hypnotherapy sessions beginning on the 19th September at 7.30 pm.
- If you like the idea of hypnotherapy sessions but are unsure or nervous as to precisely what is involved, why not come along to the Open Day being held on the 12 September?
- These sessions are designed to help individuals, using tried and trusted hypnotherapeutic techniques, to deal with stress, weight problems, nicotine dependency and other associated issues.
- The Open Day will be hosted by Course Director Sam Weller, an experienced hypnotherapist who has been hosting sessions for over 17 years. Sam holds a senior qualification in hypnotherapy practised through the General Hypnotherapy Register. You can find out more about Sam on two of his websites [www.wellerassociates.co.uk](http://www.wellerassociates.co.uk) and [www.hypnotictracks.com](http://www.hypnotictracks.com)
- There is no other course of this type available in Oxfordshire!
- Sam will be there to outline the many physical and mental health benefits that can be gained from hypnotherapy, and will be on hand to answer any questions that you may have regarding the weekly sessions.
- The weekly sessions begin on Tuesday 19th September at 7.30pm.