

WELLNESS WORKSHOP

Sleep Like a Baby with Self-Hypnosis



TBC

[Month]

Time: 13:00 - 14:00

Venue: [TBC]

Register by: [Date]

MIND MATTERS ACADEMY



As a former legal practitioner and having worked in both the private and public sector, I know only too well the pain of sleepless nights and the health risks posed by stress and anxiety. On a mission to enhance the mental health status of professionals in Hong Kong, I have since May 2023 embarked upon a whole new journey as a mental health and wellbeing practitioner and trainer.



Vincent Yeung

At Mind Matters Academy, we specialise in Hypnotherapy, Mindfulness, Neuro-Linguistics Programming, and Tai Chi & Qigong.

WORKSHOP HIGHLIGHT



- Demystifying Hypnosis;
- Exploring the Clinical Use of Hypnosis;
- A Brief History of Hypnosis; and
- Guided Hypnosis Exercise for better sleep.

You will walk away with practical insights and techniques to enhance your sleep quality!

Visit Us www.mindmatters.academy