

Soul Sync 2026 Hypnotherapy

with Hypnotherapist
Dr. Candace Hayden

Friday, January 30

7:00PM-9:00PM

\$60 per person (\$65 door)

*Align Your
Intentions,
Manifest Your
Future*

Harness the Power of Hypnotherapy To Align Intentions And Transform Your Year!

Begin your year with clarity and purpose at Soul Sync 2026: A transformational hypnotherapy experience with Dr. Candace Hayden designed to align your intentions and help you manifest your best year yet. Whether you're looking to cultivate new habits, release limiting beliefs, or set powerful goals, this session will leave you empowered and motivated.

Why Join Us?

Hypnotherapy is a powerful tool that clears subconscious blocks and helps unlock your subconscious potential, clearing the way for lasting change. This is your opportunity to tap into your deepest goals, step into confidence, and develop a clear path to manifest them.

What to Expect:

- **Guided Group Hypnotherapy:** Experience deep relaxation as you connect with your inner self and visualize the life you desire
- **Intention Setting Practice:** Define meaningful intentions and plant the seeds for personal growth in 2026
- **Reflection & Soul Sync 2026 Journal:** Each participant receives a Soul Sync 2026 Journal to capture thoughts, reflections and goals; a tool to support your journey throughout the session and beyond
- **Connection And Q&A:** Engage in meaningful discussions, receive personalized insights and guidance from our hypnotherapy guide, and share the experience with a supportive community

**Space is limited to create an intimate and personalized experience –
reserve your spot today!**

Dr. Candace Hayden is a certified hypnotherapist and life/health coach who has been guiding clients through personal growth and transformation for over 10 years. Using hypnotherapy and coaching, she empowers individuals to align their intentions, release limiting beliefs, and design lives filled with purpose and fulfillment.

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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