

Soul Sync 2026 Hypnotherapy

with Hypnotherapist Dr. Candace Hayden

Soul Sync

UNCLUTTERING CLICKS

Friday, May 29, 2026

7:00 - 9:00 PM

\$60 per person (\$65 door)

Release What's
Weighing You
Down!

Harness the Power of Hypnotherapy To Unclutter & Release!

Soul Sync Uncluttering Clicks is a transformational guided hypnotherapy experience with Dr. Candace Hayden designed to help you clear what no longer belongs in this season.

Why This Session Matters?

Hypnotherapy is a powerful tool that clears subconscious blocks and helps unlock your subconscious potential, clearing the way for lasting change. You don't create a powerful year by adding more, you create it by clearing what no longer fits. When you release outdated expectations and protect your energy, joy has room to return. This session helps you feel lighter, clearer and more intentional.

This Session Focuses On:

- Releasing outdated agreements
- De-cluttering mental and emotional noise
- Strengthening joyful boundaries
- Reclaiming your time, energy and focus

What to Expect:

- **Guided Group Hypnotherapy:** Release internal clutter and reconnect with what feels true now
- **Uncluttering Ritual:** Identify what you're ready to release – and what deserves protected space
- **Boundary Reset Practice:** Strengthen joyful limits that protect your energy and peace
- **Integration Mapping:** Use curated planner prompts to build lighter, more intentional patterns
- **Connection + Reflection:** Share insights in a supported, grounded container

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

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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