

# Soul Sync 2025

## Step Into Your Power

with Hypnotherapist Dr. Candace Hayden

**Friday, June 6**  
**7:00PM-9:00PM**

**\$60 per person**  
(\$65 door)

***Harness the Power of Hypnotherapy to Break Free From Fear, Step Into Your Confidence And Own Your Own Power!***

**Soul Sync 2025: Step Into Your Power** is a transformational hypnotherapy experience with Dr. Candace Hayden designed to help you break free from fear, build confidence, and take real action toward your goals. Take your intentions to the next level and fully step into your power. Through guided hypnotherapy, reflection, and deep mindset work, this experience will help you transform fear into power, doubt into action, and dreams into reality. Whether you're continuing your journey or starting fresh, this session will help you:

- Overcome self-doubt and fully own your power
- Transform intentions into tangible actions
- Reaffirm your vision for 2025 and embody the mindset to make it happen

What to Expect:

- Guided Group Hypnotherapy: Experience deep relaxation release fear and align with your highest potential
- Intention Setting & Journaling: Clarify your vision and capture insights in your Soul Sync 2025 journal, a tool to support your journey beyond the session
- Connection And Q&A: Engage in meaningful discussions, receive guidance and share the experience with a supportive community

Why Join Us?

Hypnotherapy clears subconscious blocks, helping you step into confidence and take real action toward your goals.

*Dr. Candace Hayden is a certified hypnotherapist and life/health coach who has been guiding clients through personal growth and transformation for 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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