

Soul Sync

Divine Timing

Friday, October 16, 2026

7:00 - 9:00 PM

\$60 per person
(\$65 door)

When You Stop Forcing, You Start Seeing

Soul Sync: **Divine Timing** is a guided transformational experience designed to help you let go of the need to force what isn't ready and reconnect with trust in your own unfolding. Through guided hypnotherapy, reflection, and intentional practices, you'll explore what is asking for your patience, your faith, and your attention in this season.

This session focuses on:

- Trusting the timing of your life
- Recognizing where you're forcing instead of flowing
- Honoring your intuition over urgency
- Creating space for what is naturally unfolding

When you stop forcing the timing, you begin to recognize what's already unfolding. Each Soul Sync session stands alone — and each one supports a different layer of alignment.

What to Expect:

- **Guided Hypnotherapy:**
 - Experience the peace that comes from trusting your path instead of controlling every step.
- **Divine Timing Reflection:**
 - Explore where life is inviting you to wait, act, or simply trust.
- **Boundary Reset Practice:**
 - Strengthen joyful limits that protect your energy and peace.
- **Trust Mapping:**
 - Identify where you're resisting your own timing and what wants your attention instead.
- **Connection + Reflection:**
 - Share insights in a supportive, grounded container.

Why This Session Matters:

We often believe that if something hasn't happened yet, we're behind. But not everything meaningful responds to pressure. Some things require patience. Some require preparation. Some simply require trust. Divine Timing invites you to stop measuring your life by urgency and begin recognizing the wisdom already unfolding.

Limited to 20 Participants—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 years. Using hypnotherapy and coaching, she empowers individuals to align their intentions, release limiting beliefs, and design lives filled with purpose and fulfillment.



Visit Candace's Website to Learn More: <https://www.livinlife-llc.com>

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



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named "2017 Best Yoga Studio In Metro-Detroit" by WDIV ClickOnDetroit.com