

# Soul Sync 2025

Align Your Intentions, Manifest Your Future

Friday, January 17, 2025 - 7:00 - 9:00 PM

\$60 per person

(\$65 door)



## Harness the Power of Hypnotherapy to Align Intentions and Transform Your Year

Begin your year with clarity and purpose at Soul Sync 2025, a transformational hypnotherapy experience 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 feeling empowered and motivated.

### 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 2025.
- **Reflection and Journaling:** Each participant will receive a **Soul Sync 2025** journal to capture thoughts, reflections, and goals throughout the session and beyond.
- **Q&A and Connection:** Engage with like-minded participants and receive personalized insights from our hypnotherapy guide.

### Why Join Us?

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

### Limited to 20 Participants

Space is limited to create a more 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 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>



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