

Reduce stress amp anxiety, free yourself from phobias or unhelpful habits



« WHEN BODY AND MIND WORK TOGETHER, ANYTHING IS POSSIBLE »
Sandy@bodymindhealing.co.uk

**Want more out of life?
Get ready to thrive!**

Do you need more balance in life or guidance on any issues? Talk to me! I help people with anxiety, health challenges and emotional worries to overcome blocks, gain clarity and make lasting changes. I combine a variety of modalities to help clients regain their energy, find healing, balance and strength.

Areas I work with:

- Release stress and anxiety
- Achieve work-life balance
- Weight control
- Fears and phobias
- Stop smoking
- Overcome self-sabotage
- Health issues and pain relief
- Cravings and addictions
- Your specific challenge

Sandy is a qualified & experienced Psychotherapist, Hypnotherapist & advanced EFT Practitioner & Trainer.

Tel: 079 510 24 580
email: Sandy@bodymindhealing.co.uk
Facebook: SandyBodymindhealing

£10 off your first 1-2-1 session with this flyer
Book your **FREE** 15min phone consultation

Find healing, strength & freedom!

Location: Brighton or via Skype

Location

South East, East Sussex

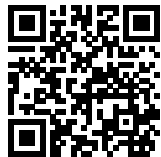
<https://www.freeadsz.co.uk/x-502243-z>

Time for an inner spring clean? Leave old unhelpful habits behind and free yourself from fears, phobias, anxiety or unwanted health conditions. Become a new you this spring! Get £10 off your first session. Limited availability. Your new life is waiting for you. Let me help you become a better version of yourself. Take action now! I look forward to hearing from.



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



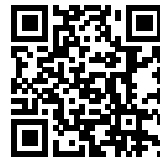
Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>



Reduce stress amp anxiety,
free yourself from phobias or
unhelpful habits

<https://www.freeadsz.co.uk/x-502243-z>