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



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

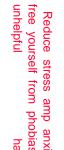


Time for an inner spring clean? Leave old unhelpful habits behind and free yourself from fears, phobias, anxiety or unwanted health conditions. Become a new you this spring! Get £10 off your first session. Limited availability. Your new life is waiting for you. Let me help you become a better version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















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