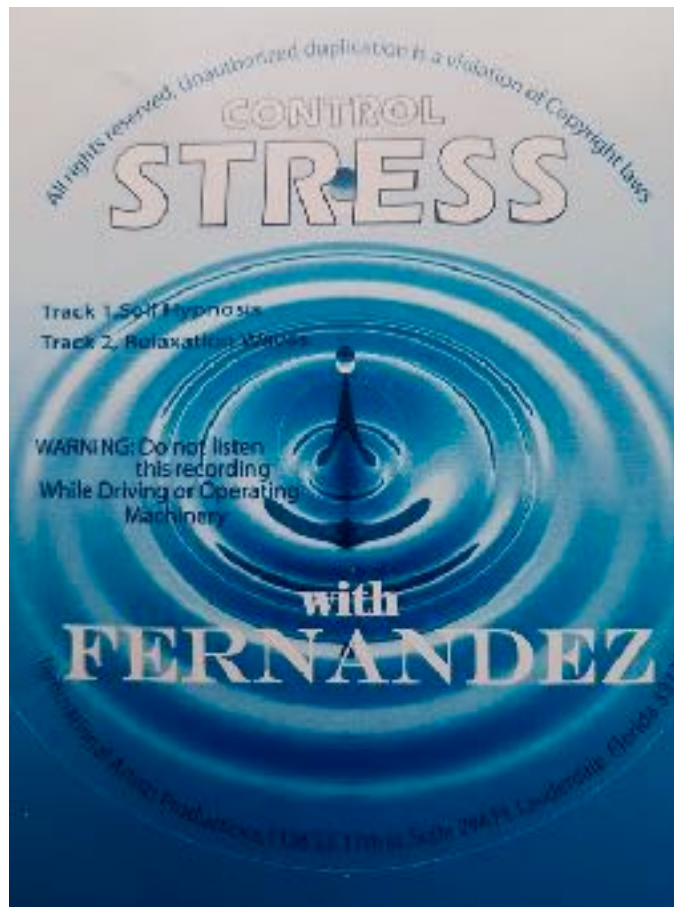


*Ed Fernandez Certified Consulting Hypnotist - Presents*  
Self Hypnosis - Control Stress

As a Certified Consulting Hypnotist, Ed Fernandez can help you manage, and Control Stress through the informative and very enjoyable relaxation journey created in his Self-Hypnosis Program. For the past 20 years Fernandez has been featured as a Speaker and Presenter for Princess Cruise Lines Wellness Programs at sea. His Therapy Hypnosis and Hypnosis stage shows have been well received by thousands of International travelers, who have learned to take control!

This interactive Workshop can be enjoyed as a stand alone program, or combined with Linda Googh's " Stressless Workshop " through self-reflexology, making it a winning combination as a **Stress Management Half Day Programed.**



For Bookings Contact : Linda Googh -905.727.8605 lgoogh@gmail.com  
[www.reflexology2go.com](http://www.reflexology2go.com)