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Toronto to Get Hypnotized for the 10th Annual World Hypnotism Day, January 4, 2014

Hypno Healing Institute, located in Toronto, will be offering an open house and an experiential workshop to celebrate the 10th Annual World Hypnotism Day.

TORONTO, CANADA – (December 19, 2013) – Hypno Healing Institute announces they will be offering an open house and a workshop to celebrate the 10th Annual World Hypnotism Day. The public is invited to attend the event, which will be held Saturday, January 4, 2014. The open house is from 1:00 p.m. to 3:00 p.m., followed by a workshop from 6:30 p.m. to 9:30 p.m. The focus of the workshop is to “Create the Future You Desire: Maximize Your Potential.” The workshop will be held at the institute, located at 355 Keele Street in Toronto, and will be facilitated by Debbie Papadakis, a renowned Board Certified Hypnotherapist, an expert in relationship and sleep issues as well as in clearing emotional blockages, certified hypnosis trainer and founding director of Toronto’s Hypno Healing Institute who has been featured in Oprah’s O Magazine and O’s Big Book of Happiness and many other media outlets such as TV, Radio, Newspaper/Magazine.

“We are excited to invite people to come take a tour of the institute, as well as explore hypnotism. This is a great no pressure opportunity for people to learn more about the multitude of benefits that hypnotism provides,” explains Papadakis. “We have seen an increase in awareness and interest of what we offer. And what we offer helps people tap into their full potential. People have ideas that hypnotism is ‘hocus pocus’ but it’s really about empowering people to overcome things on their own. The answers are within themselves. So how do you unlock that?” Susana, a client of Papadakis shares her thoughts: “This work was very powerful and transformational. It integrated the multiple parts of me and erased my emotional wounds from the past. It brought me wholeness and it opened my heart to love again.”

Those attending the workshop will get the chance to help create the path for a more successful New Year. They will be able to work on clearing internal blockages, learn how

to use the power of the mind to reach their goals, and how to effectively reach their full potential. They will learn how to transform negatives into positives, clear up deep rooted issues, reconnect with their inner self, live in harmony, and learn to overcome beliefs that hold people back.

The New Year is often a time when people make resolutions about losing weight, quitting smoking, and achieving a wide variety of goals. People who incorporate hypnosis into their life are more successful at being able to successfully achieve the goals they set out to accomplish.

“Hypnosis is such a powerful tool for healing, growth, and achieving one’s goals,” added Papadakis. “Come celebrate with us, take a tour, and give hypnosis a try. My guess is you leave this workshop feeling energized and ready to take on those goals of the New Year.”

Hypnosis, a psychological state, allows people to have a heightened awareness and ability to tap into their inner emotions. Many people use hypnosis to overcome psychological strains, lose weight, quit smoking, and achieve a wide variety of goals. More and more people are looking to find the answers from within. Hypnosis is one of the most effective tools that will assist you to find the answers and to resolve the issues that are held internally.

In a time when people are becoming more and more disgruntled with traditional methods, people tend to be looking for more holistic approaches to personal, self and psychological development and hypnotism is a good way to do that.

About Hypno Healing Institute

Hypno Healing Institute is located in Toronto and provides private sessions, a variety of monthly workshops, and Hypnosis and Reiki training programs. The mission of the institute is to educate, inspire, and empower clients and students. Founded by Board Certified Hypnotherapist Debbie Papadakis in 1995, the institute and clinic has become internationally acclaimed. For more information, visit the site at www.hypno-healing.com.