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**Change Your Mind, Change Your Life During The 14th Annual World Hypnotism Day,
January 4, 2018**

Hypno Healing Institute, located in Toronto, will be offering an open house and an experiential workshop to celebrate the 14th Annual World Hypnotism Day.

TORONTO, CANADA – (December 19, 2017) – Hypno Healing Institute is offering an open house and a workshop to celebrate the 14th Annual World Hypnotism Day. The public is invited to attend the event, which will be held Thursday January 4, 2018. The open house is from 3:00 p.m. to 5:30 p.m., followed by a workshop from 6:30 p.m. to 9:00 p.m. The focus of the workshop is on “New Year’s Resolutions: Change Your Mind, Change Your Life.” The workshop will be held at the institute, located at 355 Keele Street in Toronto, and will be facilitated by Debbie Papadakis, a Registered Psychotherapist, renowned Board Certified Hypnotherapist, an expert in relationship and sleep issues as well as clearing emotional blockages, certified hypnosis trainer, founding director of Toronto’s Hypno Healing Institute and author of the upcoming book, *The Relationship Code – Heal Your Wounded Heart*. Debbie has been featured in Oprah’s O Magazine and O’s Big Book of Happiness, Breakfast Television, CNN.com and many other media outlets such as TV, Radio, Newspaper/Magazine.

“We are excited to invite everyone to come visit the institute, and explore the wonderful world of hypnosis. This is a great opportunity for people to learn more about the multitude of benefits that hypnosis offers,” explains Papadakis. “We have seen an increase in awareness and interest in hypnotherapy. Using hypnotherapy along with psychotherapeutic techniques we assist people to tap into their full potential. People have ideas that hypnotism is ‘hocus pocus’ but it is really about empowering people to overcome obstacles on their own. The answers lie within every individual.

The New Year is a time resolutions are made to get healthy, quit smoking, lose weight, and achieve a wide variety of goals. Those attending the workshop will have the opportunity to help create the path for a more successful New Year. They will be able to work on clearing internal blockages and their negative effects on their life, learn how to use the power of their mind to reach their goals, and reach their full potential. Participants will experience transformation by clearing deep rooted issues, overcoming negative beliefs that hold them back and therefore reconnecting with their inner self.

“Hypnosis is such a powerful tool for healing, growth, and achieving one’s goals,” adds Papadakis. “Come celebrate with us, take a tour, and give hypnotherapy a try. You will leave this workshop feeling energized and ready to take on your goals for 2018.”

About Hypno Healing Institute

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

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