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## NEW Class Downloads! Do Hyp-Yoga Right NOW

*Instantly Download Hyp-Yoga Audio Class*

Hyp-Yoga Audio Classes are now available for downloading. These beginner friendly classes are designed for you to be able to do in under 20 minutes. \$12.99 .mp3 version if downloaded online (Receive your class instantly!) Each Audio Class includes about 10 minutes of yoga poses with pictures included for guidance and then a hypnosis session. (If you download the class you will receive your pose picture guide as a PDF.) With Hyp-Yoga's unique technique of using both your body and your mind to relax and deepen your experience, you can reach your goals and change your behaviors faster than ever before.

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### Classes Available

**\*\*New Class\*\* - Becoming a Non-Smoker** Includes 10 minutes of yoga and 10 minutes of hypnosis for creating your new identity as a non-smoker and becoming even healthier in the process! <http://www.hyp-yoga.com/hyaudioclasses.html>

**Freedom from Emotional Eating** - Break the chains of eating when you are bored, sad, lonely, stressed, or just out of habit.

**Sleeping Better** - Calm your racing mind and find total relaxation as you drift off into a restful sleep.

**Learning to Flow (Stress Prevention)** - So much more will come to you if you learn to let go, relax, and go with the flow.

**Increased Energy** - Create your best life by tapping into the abundant energy that flows within you already.

**Living in the Present Moment** - All we have is this moment. Learn to slow down and truly experience your life to the fullest.

## Fall Focus - Personal Success

*Fall easily into Success as you Learn to Flow with Hyp-Yoga.*

Each Season our Hyp-Yoga Live Classes have a Focus, and we want all our Hyp-Yogis to have a part in it. Our focus this fall is Personal Success, and we have created, just for you a

FREE Online Personal Success Guide Available Here: <http://personalsuccess.hyp-yoga.com/>

### **Breaking Free from Personal Recession - the all online, comprehensive guide to personal success in money, life & love.**

Right NOW is your time. You might have heard that the world is abundant, and it is true. There is enough for everyone, we just need to reach out and accept what is given to us. Being open and ready to see and accept opportunity is the first step. The second step is to start the journey through opportunity with perseverance and untiring drive. The third step is to accept your success and the fruits of your labor.

#### **Hyp-Yoga Success Plan**

1. Be open and ready for opportunity.
2. Tackle opportunity with perseverance & drive.
3. Accept your success.

These steps are almost impossible to try to do on our own without any help, but where does this help come from? Do I need to hire an expensive life coach? Or find a millionaire mentor? No! You have everything inside of you already to keep you motivated and driven. YOU are your own life coach...your own mentor. With the power of your own mind, you can step into your fullest, most successful life. At Hyp-Yoga we call this "conscious living with subconscious help™."

Conscious living is living your life to the fullest. Enjoying every part of your life while being mindful of everything that surrounds you – people, animals, the earth. Conscious living is only truly reached with subconscious help.



Kim Isherwood, Carly Cummings and Rebecca Grabner  
Hyp-Yoga Founders

Motivation is like a muscle. It needs to be exercised in order to grow, but if you use it too much at one time, it will eventually tire out and even crash – putting you right back where you started. The subconscious mind uses an inner inspiration, not motivation. Inner inspiration never tires and when properly cultivated can glow within you and even shine out of you for others to see and benefit from. Helping you develop and strengthen your inner inspiration is what we do with Hyp-Yoga.

Hyp-Yoga is a practice of mind/body awareness that brings you beyond the surface mind (the conscious) into the deep mind (the subconscious) to develop attributes, feelings, thought patterns and behaviors faster and with less effort, allowing you to be who you truly are – your ideal self. We can use the power of our mind and body to break through road blocks, attract to us success, and to stay driven, healthy, motivated, energetic and present. You will do this through the combination of hypnosis and yoga – two affective practices alone, and when fused together ignite the power of change in your life.

Let's get started...

## Be a Part of the Hyp-Yoga Family

*Many ways to get involved!*

We want to help you in reaching your goals! How can you get involved? First off, live classes. All of our classes are beginner friendly. Our class locations are growing everyday! Keep checking hyp-yoga.com for classes near you.

If you can't find a live class, try a DVD or Audio Class. Our Weight Loss DVD Program is proven effective and used by thousands of people just like you!

Finally, if you really want to get involved - become an instructor! We are holding trainings coming up in California and Florida. Check out the website for dates.