

Hypnotherapy classes

Hypnotherapy has been used for centuries and is known for its powerful benefits. It allows you to reach your goals quickly. My practice uses advanced clinical hypnotherapy techniques helping clients to lose weight, quit smoking, decrease stress, achieve pain control, accelerate healing, have peaceful natural childbirth and much more.

When in hypnosis, you are in a natural restful state, in which your mind is relaxed enough for the subconscious to accept positive suggestions and release the negative, preconceived ideas and beliefs which can control and limit your thinking and behavior.

You should always be checked by your physician/psych first to be sure this is right for you as this is a self-help course and not treatment.

**Note - Hypnotherapy is not appropriate for those who have severe mental health problems. Led by: Kathleen Boehm, RN pugetsoundhypnotherapy.com

IBS Workshop June 9, 11-12:30pm, \$20

Learn the 100% Natural way to decrease the discomfort and intensity of this condition. Work to gain tools which help you become more comfortable.

Fibromyalgia Workshop June 9, 1-2:30pm, \$20

Unlock your natural ability to decrease discomfort and intensity of this condition. Work to gain tools which help you become more comfortable.

Weight Loss Workshops \$150 for all

Totally natural way to loose weight and keep it off.

Includes as c.d., hypno lap-band and 4 hypnosis sessions.

June 16th (Sat.) 12:30- 2:00 p.m, June 23rd (Sat.) 1:00:- 2:30 p.m,

June 30th (Sat.) 12:30- 2:00 p,m, July14th (Sat.) 12:30- 2:00 p.m.

Pain Relief June 23, 11am-12:30pm, Free

Naturally reduce pain intensity and have a more comfortable life. Learn to control pain in minutes with your own natural abilities using self-hypnosis.

Panic Attacks/Anxiety Workshop Aug. 11, 11am—12:30pm, \$25

100% Natural way to decrease severity and intensity of the symptoms and bring more calmness into your life.

Stress Reduction and Re-focusing Sep 8, 11:30am—1pm, Free

Reduce stress naturally and re-focus your life. Those attending will be taught self-hypnosis.

Sno-Isle Natural Foods Co-op Community Classes



2804 Grand Ave., Everett
(425) 259-3798
In the Everett Public Market Building
www.snoislefoods.coop



MAY

Green Cleaning with Essential Oils May 12, 1pm, Free

Learn to make your own natural cleaning products at home with essential oils. Use aromatherapy to boost your mood and clean your home with no toxins. We'll cover a bit about essential oil basics to help you decide which scents work best for you. Oils available for purchase after class.
Led by: Bill Callaghan, Life's Solace

All About Herbs May 15, 6-7pm, \$5 Co-op Owners/\$10 all

Learn about local edible plants as well as the culinary, nutritional and medicinal uses of herbs from around the world. You'll gain enough knowledge to safely and effectively convert your spice cabinet into a medicine cabinet. Includes guidelines for drug-herb interactions and possible substitutions.

Should you trade in your Tylenol for Boswellin? Estrogen for Black Cohosh and soybeans? Claritin for Nettle? Daily Aspirin for Willow Bark?

Plus, we'll address your other personalized health needs from nature's pharmacy, including a saliva herb test which pinpoints the top eight herbs

(from nearly 200) best suited to your individual constitutional need. Plus, choose any two nutrient quick test for free (part of class payment):

- ◆ Zinc Tally Taste Test-Calcium Balance BPCC more accurate bone density
- ◆ Iron indicators pre-screen the necessity for blood testing
- ◆ Vitamin C Tissue Level (saliva)
- ◆ Potassium Adequacy (taste test)
- ◆ B-Vitamin Examination (B2 + B6 or B12 +Folate)
- ◆ Iodine Skin Patch Test
- ◆ Vitamin D Joint Popping Index,
- ◆ Professional Vitamin Review & Medication Interactions
- ◆ Hidden Nutritional Indicators on your so called "normal" blood test.

Each additional quick test costs only \$5.00 (\$30 for choice of 8). Includes a 15 minute consultation with nutritionist, Karl Mincin
www.Nutrition-Testing.com. Limited space before and after class for free tests.
Pre-registration and payment required by May 12.

Real Meals Outdoors May 19, 10-11am Free

Getting ready to enjoy the outdoors? Join local author of Real Meals Outdoors, Nancy Sosnove as she prepares some of her favorite meals that fit into your backpack. Find out ways to avoid under and over provisioning and ways to provide tasty and nutritious meals that are light and easy.

Gluten Free Grains May 24, 6-7:30pm, \$10

There are so many amazing grains that can pack a punch with flavor and nutrition.

Explore with me and taste some of these grains. We'll make some that can be made into multiple meals to grain you up.

Led by: Sandy Nelson, Specialty Cooking, has suffered from illnesses and was reborn from her dietary changes. As a former teacher, she enjoys sharing her passion and knowledge with everyone.

JUNE

Become a Green Smoothie Guru June 6, 6-7:30pm, \$10

Most of us already know balanced well-being begins with eating plenty of fruits and veggies. The challenge can be getting the proper amount. Green Smoothies are a powerful tool for establishing good health and an easy way to increase your intake of fruits and veggies. Creating Green Smoothies is fun and delicious way to boost energy, improve digestion, lose weight, create radiant skin and feel amazing!

In this fun and informative class Kate and Kate, two dynamic health coaches, will teach you the skills to become the next Green Smoothie Guru. Green Smoothies not only nutrient rich but extremely easy to make. From start to finish, it takes about 5 minutes, including cleaning up! So, no matter what your age, schedule, if you're single or raising some rowdy kiddos, this is a totally do-able and beneficial tool to learn.

You Will Learn:

- The power of adding greens to your daily routine. It's pretty amazing!
- What is a green smoothie and how does it differ from juicing?
- The benefits of adding green smoothies into your life.
- How to make a green smoothie you & your family will love - tools, ingredients, portions, recipes & recommendations.
- Tasting examples - You'll be sampling 1 savory and 2 sweet types of smoothies.
- The Do's & Don'ts of green smoothies and secrets for adding extra flavor and oomph - our personal favorite "extras".

Led by: Kate Towell (www.katetowel.com) and Kate Kim (www.katekimwellness.com)

Raw Foods, Not Sushi June 7, 6-7:30pm, \$10

Raw and Living Foods are foods that contain enzymes. In general, the act of heating food over 116 F destroys enzymes in food (enzymes start to degrade in as little as 106F). Living and raw foods also have higher nutrient value than the foods that have been cooked. We'll learn how to get the most nutrients out of food. We'll introduce new ways to eat vegetables, taste and walk away with new recipes.

Led by: Sandy Nelson, Specialty Cooking

REGISTRATION - Classes are held in the Co-op classroom (1st floor). Please pre-register for classes so we can continue to offer them and our instructors can prepare. We need your name and an email. This is strictly used to update you of changes to the class (such as cancellations).

Check our website for updates: www.snoislefoods.coop

Free Classes: Sign up at the kiosk (in-store), our website or email:
info@snoislefoods.coop

Fee Classes: Sign up in-store at the register and pre-pay (cash/check only). This allows the instructor to have enough supplies. You may also reserve a spot.