

Amy Carroll



EFT

NLP

Hypnotherapy

Presents...

The Cozy Mind: Sunday Reset

EFT & Hypnagogic Reset

Sundays in February

3-5pm EST & 8-10pm GMT

Live on Zoom

What We'll Work With

- Clearing lingering mental and emotional patterns
- EFT for nervous system ease and mental unwinding
- Safe, intentional access to hypnagogic awareness
 - Creating space for clarity and new beginnings
 - Sensing what wants to emerge next

For more information contact at: amycarrollhypnotherapy.com