**Susie Bergh**

**Wellness Consultant**

**Hypnosis for Healing**

**Increased Motivation and Confidence!**

**Hypnosis** is an effective method in identifying and releasing root causes of: **anxiety**, **stress**, **emotional,** and **physical trauma**. Once identified and released, you will experience relief and a renewed perspective. It can also help **clarify personal goals, increase** **confidence, and self-awareness.**

**Susie has a diverse background in alternative healing modalities including: Hypnosis, Qigong Energy Healing, and Mindful Living Practice. She has also been an educator serving adults and children for 36 years. With her combined personal and professional experience, Susie is prepared to help you meet your individual wellness goals.**

**Educator Minneapolis Public Schools**

**Certified Hypnotherapist National Guild of Hypnotists**

**Qigong Energy Healer Spring Forest Qigong**

**Mindful Living Coach Mindful Schools**

**Susie is available for group seminars and individual appointments.**

**To make an appointment or for more information, you can contact her at:**

[**seefromtheheart@gmail.com**](mailto:seefromtheheart@gmail.com) **or 651-210-1729.**