

## About Lela

Lela is a Hypnotherapist certified by the National Guild of Hypnotists, and the American Board of Hypnotherapy in basic, medical, and metaphysical hypnosis.

She is also an Usui Reiki Master/Teacher, continues to study metaphysics, and holds a Bachelor's in Psychology from Smith College and a Master's in Expressive Therapies from Lesley College.

## Additional Services

- Ayurvedic Therapies
- Reflexology
- Massage
- Skin Care
- IPL Laser Hair Removal  
& Skin Rejuvenation
- Waxing
- Event Makeup
- Yoga Studio
- Health & Nutrition Supplements
- Workshops
- Intuitive Readings

### Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

## HypnergyTherapy



A Yoga Studio &  
Day Spa Committed  
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*all about you!*

23 Village Inn Road  
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## What is Hypnergy™?

Hypnergy is a blend of hypnosis, Reiki, Qi Gong, intuition, metaphysics and spiritual counseling. Universal energy channels through Lela to work with the client's energy in order to balance, heal, and enlighten the body, mind and spirit.

What we call "negative" energy does not just go out into the universe. Some remains within our auras and can affect our health, moods. Hypnergy is one of many methods to address that.

Hypnergy can also be used with animals for healing and communication in order to help with behavioral issues.

## What can Hypnergy do?

Hypnergy is so flexible and adaptable; it would be easier to say what it cannot do!

### At the least:

- Clients report a wonderful feeling of serenity and relaxation

### At best:

- Pain and discomfort are reduced
- Physical, mental, emotional, and spiritual issues clear
- Habits and attitudes change for the better
- Energy and stamina increase

### Sometimes:

- Images and colors are experienced
- Guides, angels, and loved ones on the other side communicate.
- Psychic messages are received.

## What happens in a Hypnergy

### session?

Each session is different; because we are all unique and can have different needs each time.

Hypnergy can be done while you are sitting or lying down.

In hypnosis, you feel a mixture of relation and focused awareness. With energy work, You may feel heat, cold, vibration, pressure, tingling, etc. You may feel release of blockages and emotions. You and/or Lela may receive psychic impressions and messages.

If you are under medical care, Lela will be happy to contact your doctor to coordinate your care.

## Hypnergy has been shown to aid in:

- General Healthy Habits
- Eating/Weight Loss
- Exercise/Motivation
- Listening to your body for good form and results
- Smoking cessation
- Stress Reduction/Relaxation
- Finding Serenity
- Bringing Out Your Inner Glow
- Vacation in 1 Hour
- Dealing with Pain/Discomfort
- Dealing with Medical Conditions
- Balancing Your Chakras
- Getting in Touch With Your Body and What It Wants to Tell You
- A Good Night's Sleep
- Learning Enhancement/Memory
- Getting in Touch with Inner Creativity/Artist/Performer
- Meeting guides/angels
- Enhance Your Intuition/Psychic Abilities

30 Minute .....\$50

60 Minute.....\$95

Series of three 30 Minute Sessions...\$140

Series of three 60 Minute Sessions ...\$275