**Sports Hypnosis** 

## Don't limit your challenges.







Many famous athletes in a wide variety of sports use visualization. Visualization is a form of mental practice—the same type of mental practice used during hypnosis.

During hypnosis, new connections, called neural pathways, are being built in your brain. These pathways are like the roads we

frequently travel... they become easy and automatic.

Wouldn't you love it if your sports performance was that easy?
It can be. Call now.

## Lake Oswego Hypnosis

5 Centerpointe Drive, 4th Floor Lake Oswego, OR 97035 Schedule online at LOHypno.com Call (503) 515-1272



