

## City Healing Centre

### Hypnotherapy and Meditation with Ria

Ria is happy to assist you with meditation and hypnotherapy.

Choose from beginners "one on one" or casual group sessions to quiet the excess chatter of the mind, improve your health and intuition.

Hypnotherapy is a safe and healing way to help you change unwanted habits and become the person you want to be. It can also greatly reduce unwanted symptoms by showing you how to be more at peace.

Hypnotherapy	first session (up to 90 Minutes)	\$ 150
	following sessions (up to 1 hour)	\$ 130
Meditation	beginners 'one on one' session	\$ 60
	group meditation (per person)	\$ 20

For more info call Ria on 0400 841 184



Ria Manolias



City Healing Centre  
Your natural therapies specialists

Suite 5a, Level 1  
66 Oxford St  
Darlinghurst  
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