



Sports Hypnotist at the NWFC

Monday, February 10th at 6:00PM

Eric Singer, sports hypnotist and former Salle Auriol fencer, will be at the NWFC to present to the athletes participating in JO's

Athletic Excellence

Learn how the subconscious mind dictates your performance and how to create new images and thoughts that will improve your skills. "Picture yourself the way you would like to be"

Remove blocks that get in the way of your peak performance and replace anxiety and doubt with a positive and confident plan for success.

Eric will conclude the talk with a session of guided imagery

Come away more focused, more relaxed and more confident with an expectation for a successful outcome at your next competition.

**Eric Singer C.Ht.
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