



Trancefixt was established by Jason Smith, specialising in hypnosis applications for sports, health and fitness.

Jason has over 15 years experience as a hypnotist & hypnotherapist, attaining Diplomas in Hypnosis and Hypnotherapy in 1998 and is a certified trainer of Self Hypnosis. A certified practitioner of Meridian Therapies (EFT), attained in 2001.

Jason is a member of the UK Guild of Hypnotist Examiners.



sports hypnosis



- Goal Visualisation
- Improve Focus
- Improve Technique
- Eliminate Tension
- Improve Reactions
- Accelerated Healing
- Increase Power
- Increase Confidence
- Train Harder & Longer

hypnotherapy



Trancefixt
1 Woodlands Ave
Clayton Heights
Bradford
BD13 1DW

Jason Smith CMH C.Hyp
Sports Hypnotist
Hypnotherapist

t: 01274 413568
m: 0775 882 4649

e: trancefixt@gmail.com
w: trancefixt.wix.com/hypnosis



Professional Hypnosis Services

Individual Sessions

- Hypnotherapy: 1 hour session
- Sports Hypnosis: 1 hour session
- Weight Control Programme: 1 ½ hour session
- Stop Smoking Programme: 2 x 1 hour sessions

Group Sessions

- Group Hypnotherapy: (minimum 5 people)
- Team Sports Hypnosis: (minimum 5 people)
- Long-term contracts: Please call for more info

Courses

*All below courses: 3 weeks @ 2 hours per week

- Health & Healing
- Self Hypnosis for Personal Development
- Psychic Development

"I provide a quality service at a competitive price"

CALL FOR MORE INFORMATION
OR TO BOOK AN APPOINTMENT
☎ (01274) 413568 / 0775 882 4649



Individual Sessions

Help you to Succeed

- Lose Weight or Gain Weight
- Eliminate Addictions (smoking etc.)
- Increase Confidence & Self Esteem
- Goal Setting & Achievement
- Exam & Test Anxiety
- Accelerated Learning



Healing through Hypnosis

- To alleviate Fears & Phobias
- To alleviate Tension & Stress
- To aid in Recovery from Illness
- To alleviate past Traumas
- To train you to Heal your Body
- To accelerate Healing after Injury



For Personal Development

- Learn Self Hypnosis techniques
- Past Life Investigation
- Dream Interpretation
- Psychic Development
- Sports Enhancement



Weight Control Programme

Weight Loss

Obtain the body you've always desired without the expense or stress of dieting. Hypnotherapy is a natural way to lose weight, you continue to eat normally and will continue to lose weight until you reach your goal weight.

Weight Gain

Whether you want to add a few extra pounds to look better or need to gain weight to increase your power for sport. The Trancefixt 'Hypno-roids' technique can help you train harder and longer and is a natural safe alternative to steroids.

Healthy Eating

Do you dislike healthy foods or like foods that are unhealthy? With hypnosis you can change your habits and reprogram your mind. Don't waste time and money on diets, change your mind for good and become more healthy.

Food Addictions

Do you have an addiction to unhealthy food? With hypnosis you can choose to eliminate the addiction or replace with a healthy alternative. With hypnosis you can get to the route of your food addiction, these are often emotionally linked.

Improve Willpower

Do you think you have no willpower when it comes to food; can you resist snacking? Everybody has willpower, it is just some people do not know how to activate it. Hypnosis can help your mind to focus and give you an iron will and strong determination.