

**«NEOLYS EVENINGS» TAKE PLACE AT YOUR HOME.**

**TWO HOURS DURING WHICH KNOWLEDGE AND EXPERIENCE ARE SHARED IN A WARM AND FRIENDLY ATMOSPHERE.**

You would like to spend an original evening (with friends, family or singles).

You are interested in the topics of nutrition, psychology and/or hypnosis.

You choose a date among those proposed, you book it

and invite 5 to 10 people to your home.

Before the evening, the therapists will send you a list of proposed practical workshops

and the topics/themes on which we will exchange.

Each person then personally communicates to the therapists by email their two preferred workshops and the topics/questions that interest them. The choices are anonymised.

Marie and Julie will meet you at your home on the desired date

and bring you homemade treats.

**EXAMPLES OF GROUP WORKSHOPS TO CHOOSE FROM:**

Discovering hypnosis

Mindful eating, more pleasure in eating

Diets and food beliefs

Sugar

The balanced plate, healthy breakfast and snacks

**EXAMPLES OF THEMES:**

balanced diet, anti-ageing diet, mind-body connection

fitness weight, genetic weight, weight problems (overweight and underweight)

perinatal feeding and feeding during the menopause

digestive disorders and FODMAPs diet  
mindfulness/intuitive eating

eating disorders, dieting, food addiction (sugar or junk food addiction), emotional eating,

sleep and mood issues (depression, mood swings)

management of emotions, stress and anxiety

how hypnosis and self-hypnosis work

different psychotherapeutic approaches (PCA/humanistic, cognitive-behavioural, systemic, psychoanalytic/psychodynamic)

**30 minutes of group workshop that appeals to the majority**

then

**1h30 of sharing around the chosen topics**

**CHF 60.00/person**

*free of charge for the person hosting the party & home-made delicacies offered*