

# SHANTI SPA

MAURICE

## Redefining Hypnotherapy and RTT

Rapid Transformational Therapy is a hybrid therapy that embraces many positive aspects of hypnosis. Hypnotherapy is Neuro-linguistic Programming (NLP) and Cognitive Behavioural Therapy (CBT). RTT builds on the basis that past experiences, habits and beliefs create patterns in the subconscious mind, and that these patterns dictate our attitudes, actions and reactions. Once we understand the cause of the problem, the transformation begins. A combination of tools are used, depending on the guest goal and varying individualities, to aid the guest in making key self-realization that helps them to let go and move forward.



Hypnotherapy and RTT is known to successfully treat the following conditions:

- Anxiety around stressful situations
- Fears and Phobias
- Disconnectedness/Overwhelm
- Pain control
- Insomnia
- Skin Irritations
- Lack of motivation/Self confidence
- Relationships work/family

What to expect during a two hour session?

- Guest evaluation – to clarify area of concern
- Hypnosis – to create a state of focused attention and increased suggestibility
- Regression – to find root causes
- Reframe – to eradicate false beliefs
- Transformation – to install new positive, powerful and constructive beliefs

What to expect after the treatment?

- Relaxation techniques, imagery and the power of suggestions to “reprogram the mind” General self-improvement is achieved with desired behavior modification

MUR 4,500 per person  
(120 minutes)  
Price includes 15% VAT

### Biography

Miss Kawsar Koodaruth Mauritian nationality, studied in Psychology since 2007 in University of Pretoria - South Africa since 2007, she have obtained necessary training and experience in various sectors to be a registered member of the International Council of Psychotherapists in the UK. She is licensed RTT Practitioner and a Certified Hypnotherapist. She have obtained a diploma in Health and Social Care from the London School of International Business, UK and also received training from the Rapid Transformational Therapy School in the UK by the UK's leading therapist and the award winning, Marisa Peer. She has a 5 years' experience to using Hypnotherapy and RTT techniques with both international and local guest. Her aim is to use advanced visualization techniques to fade the old and redundant beliefs to install powerful and beneficial new ones. Miss Koodaruth said “My work is meant to empower people who are not comfortable with their present stressful situations”. Her testimonials and other works can be viewed on the following website: <https://www.kawsarlifechoices.com>



### Terms & Conditions:

- Booking recommended 24-48 hours in advance, valid on a first come and first serve basis
- Valid all year upon request and availability only within a limited allotment
- Package available 7 days per week from 08:00 to 17:00
- Rates listed are inclusive of 15% VAT, any alterations on VAT prices are subject to change accordingly