

MARC SAVARD

HYPNOSIS TRAINING

MARC SAVARD HYPNOSIS TRAINING 101

February 18th - 20th, 2017
PLANET HOLLYWOOD
LIVE IN LAS VEGAS

WELCOME PACKET AND HYPNOSIS SCRIPTS.



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Hello and welcome to Hypnosis Training 101!

You cannot be exposed to this material and not find it life changing. This class is designed for beginners and intermediates. If you have a general interest in hypnosis and you are looking to have a ton of fun, this class is for you. If you want a career in stage hypnosis, or hypnotherapy, this is an introductory class that leads to those more in depth classes. The information in this packet is designed to help you get the most from your experience.

You Are Enrolled:

Hypnosis Training 101

February 18th - 20th, 2017

Location:

Planet Hollywood Resort & Casino

3667 Las Vegas Boulevard South

Las Vegas, Nevada 89109

(702) 785-9005

Class will be held in the Conference Center on the Mezzanine level.

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Instruction Times: 9:00 a.m. to 5:00 p.m. Times are for each day of the course. Classes will start promptly.

Session 1: 9:00 a.m. to 1:00 p.m. **Lunch:** 1:05 p.m. to 2:00 p.m.

Session 2: 2:00 p.m. to 5:00 p.m.

Day One:

Arrive between 8:30am – 8:45am to check in. You will receive your course materials during this time. After a brief orientation and introduction the class will begin at 9:00AM.

Attire:

Casual attire is appropriate. Please wear comfortable shoes and clothes. These will aid in your training because we will be moving around the class.

Electronics and Cell phones:

Recording the class in any manner is strictly prohibited.

Our time together is limited. We require that cell phones remain off during training sessions, and all messages be checked during breaks and personal time.

Breaks and Lunch:

We apologize, but due to union rules, we will not be able to provide refreshments; however you are welcome to bring your own food and beverages. Water service will be provided. Lunch will be at 1:00pm and will last one hour. There are a variety of restaurants located inside Planet Hollywood Resort & Casino as well as inside the Miracle Mile Shops, which are attached to the hotel. We have provided a Miracle Mile coupon book to assist you in choosing from the many great restaurants located at the Planet Hollywood Resort & Casino.

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Feedback:

For this training to be effective your feedback is required.

Your comments, observations and questions are used to evaluate our course and your comprehension of the material. Your skill level will be evaluated during the practice sessions.

You will be required to participate in class, practice hypnotizing others, and be hypnotized yourself.

Listening to your feedback and watching your induction technique allows your instructor to determine your personal strengths and weaknesses. The instructor will then be able to show you how to make the process fit your style!

What to Expect from Us:

We will bring out your best!

Your classes will be high-energy, information packed learning experiences, and teach you everything you need to further your hypnosis career. We are dedicated to the growth and success of every student. We will listen carefully to your concerns and questions and take the time ensure you understand the information and how to use it.

Most of all you can expect to have fun!

What We Expect From You:

We expect you to come give your very best effort!

This will guarantee a high level of instruction for you and all of your peers.

Rest and proper nutrition go a long way toward enhancing the learning process. Please bring a clear mind and refreshed body into class each day.

Contact Info:

Please Text +1-702-374-1906 or email info@marcsavard.com with any questions, comments, or suggestions.

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PLANET HOLLYWOOD LAS VEGAS

ACCOMMODATIONS:

Students will be responsible for their own accommodations during training. We suggest enrolling in the Total Rewards Program for the Planet Hollywood Resort and Casino, www.totalrewards.com, to receive special discounts toward your stay. You may also be able to find discounts on Travelocity.com. Planet Hollywood Las Vegas

ROOM COMMITMENT

Presently, Planet Hollywood Las Vegas has the following amount of rooms on hold during the dates listed below. Requests for additional rooms on any given day are subject to hotel availability and approval. All room types held for the group are also subject to availability. The Hotel reserves the right to book additional rooms at a higher rate.

Day	Date	Room Rate per room
Fri	2/17/2017	USD 128
Sat	2/18/2017	USD 232
Sun	2/19/2017	USD 136
Mon	2/20/2017	USD 80

RESERVATION METHOD

Each individual is responsible for making his/her own reservations with Planet Hollywood Las Vegas. Reservations must be made through our Reservations Department or through the provided online web link by Wed, Jan 18, 2017. To avoid a \$15 call center processing fee, please instruct your group to use the web link when possible. Each individual must identify themselves with the group name and group code in order to receive the group rates. A deposit (first night's room and tax) is required at the time of registration, the remaining night's room and tax will be due at check in. There is a 72 hour cancellation policy for individual reservations. A full refund is provided for any reservation cancelled 72 hours prior to arrival. All no-shows will forfeit the deposit. Any reservations made after the cut-off date are subject to availability and will be added at the current public rate.

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HYPNOSIS TRAINING

Group Information for booking:

Group Name: Hypnosis Training 3 - PH

Group Code: VM3HPO7

Reservations Department Call- in #: (877) 244-9474

Online link: <http://www.totalrewards.com/hotel-reservations?propCode=PHV&groupCode=VM3HPO7>

Upgrade Options available for an additional per night charge:

Strip View \$USD 20

Fountain View \$USD 50

Resort Room \$USD 50

ROOM RELEASE DATE (CUT-OFF)

Hotel policy recognizes a cut-off date for reservations. Any reservation request received after this time may be accepted on a "space available" basis at the prevailing hotel rates. Your registration cut-off is Wed, Jan 18, 2017. Guestrooms not reserved by the cut-off date will revert back to the Hotel for re-sale. You as the group leader are not responsible for unreserved rooms in the group block.

RATE INFORMATION

The above net rates are valid for Single/Double occupancy. All room rates contained within this agreement are subject to applicable Occupancy Room Tax, currently (12.0%) and a \$ 32.00 Resort Fee per room, per night (also taxed at 12.0%). Resort Fees will include daily internet (for two devices), fitness center access (for two guests) and all local calls.

ADDITIONAL PERSON CHARGE (BEYOND DOUBLE OCCUPANCY)

Rates are based on one or two persons per room. Any additional person will be charged a fee. Additional person charges will begin to apply with the third person occupying the room which will be \$ 30.00 Fee per person, per night. Maximum Occupancy in one room is: four (4).

INCIDENTAL DEPOSIT POLICY/REQUIREMENTS

An incidental deposit refers to a credit balance paid at check in to allow the guest charging privileges; this will be required at check in.

The incidental deposit required at Planet Hollywood Las Vegas is accepted in credit or debit:

- Credit Card authorization of \$50 daily
- Debit cards will be charged immediately for \$50 daily

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AGE REQUIREMENT

The age requirement to reserve and check into a room is 21 years of age or older. Furthermore, guests under the age of 21 will not be permitted to occupy a room without the presence of an adult age 21 or older.

CHECK-IN/CHECK-OUT

Check-in time is 4:00pm; Check-out time is 11:00am. An early check-in fee may apply at the front desk. Upon check-in each guest will be responsible for showing valid ID and providing payment for any outstanding balance.

Total Experiences/Caesars Entertainment Exclusive VIP Services

Once your group has passed the registration deadline and has confirmed five or more rooms at Planet Hollywood Las Vegas you will receive our exclusive Total Experiences VIP services. At that point I can assist you plan wonderful activities such as nightlife, dining reservations, spa appointments, golf, show tickets, and transportation reservations at any Caesars Entertainment property.

Total Rewards Card,

Be sure to sign up for our Total Rewards program when you book. You will earn points for every dollar you spend at any of our properties nationwide. You can pick up your Total Rewards membership card when you arrive on property at the Total Rewards counter. Always remember to show your Total Rewards card wherever you go in our properties to earn points for money you spend. We will link your Total Rewards account to your room adding convenience to charge back to your room to earn every point you deserve. Points=Rewards so everyone comes out a winner!

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FLAMINGO LAS VEGAS

ROOM COMMITMENT

Presently, Flamingo Las Vegas has the following amount of rooms on hold during the dates listed below. Requests for additional rooms on any given day are subject to hotel availability and approval. All room types held for the group are also subject to availability. The Hotel reserves the right to book additional rooms at a higher rate.

Day	Date	Room Rate per room
Fri	2/17/2017	USD 108
Sat	2/18/2017	USD 148
Sun	2/19/2017	USD 108
Mon	2/20/2017	USD 40

RESERVATION METHOD

Each individual is responsible for making his/her own reservations with Flamingo Las Vegas. Reservations must be made through our Reservations Department or through the provided online web link by Wed, Jan 18, 2017. To avoid a \$15 call center processing fee, please instruct your group to use the web link when possible. Each individual must identify themselves with the group name and group code in order to receive the group rates. A deposit (first nights room and tax) is required at the time of registration, the remaining night's room and tax will be due at check in. There is a 72 hour cancellation policy for individual reservations. A full refund is provided for any reservation cancelled 72 hours prior to arrival. All no-shows will forfeit the deposit. Any reservations made after the cut-off date are subject to availability and will be added at the current public rate.

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GROUP INFORMATION FOR BOOKING:

Group Name: Hypnosis Training 3 - FLV

Group Code: VF3HPO7

Reservations Department Call- in #: (888) 373-9855

Online link: <http://www.totalrewards.com/hotel-reservations?propCode=FLV&groupCode=VF3HPO7>

UPGRADE OPTIONS AVAILABLE FOR AN ADDITIONAL PER NIGHT CHARGE:

GO! Deluxe \$USD 20

GO! Strip View \$USD 50

FAB Luxury \$USD 15

FAB HR View \$USD 10

GO! HR View \$USD 30

ROOM RELEASE DATE (CUT-OFF)

Hotel policy recognizes a cut-off date for reservations. Any reservation request received after this time may be accepted on a "space available" basis at the prevailing hotel rates. Your registration cut-off is Wed, Jan 18, 2017. Guestrooms not reserved by the cut-off date will revert back to the Hotel for re-sale. You as the group leader are not responsible for un-reserved rooms in the group block.

RATE INFORMATION

The above net rates are valid for Single/Double occupancy. All room rates contained within this agreement are subject to applicable Occupancy Room Tax, currently (12.0%) and a \$ 29.00 Resort Fee per room, per night (also taxed at 12.0%). Resort Fees will include daily internet (for two devices), fitness center access (for two guests) and all local calls.

ADDITIONAL PERSON CHARGE (BEYOND DOUBLE OCCUPANCY)

Rates are based on one or two persons per room. Any additional person will be charged a fee. Additional person charges will begin to apply with the third person occupying the room which will be \$ 30.00 Fee per person, per night. Maximum Occupancy in one room is: four (4).

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INCIDENTAL DEPOSIT POLICY/REQUIREMENTS

An incidental deposit refers to a credit balance paid at check in to allow the guest charging privileges; this will be required at check in.

The incidental deposit required at Flamingo Las Vegas is accepted in credit or debit:

- Credit Card authorization of \$50.00 daily
- Debit cards will be charged immediately for \$50.00 daily

AGE REQUIREMENT

The age requirement to reserve and check into a room is 21 years of age or older. Furthermore, guests under the age of 21 will not be permitted to occupy a room without the presence of an adult age 21 or older.

CHECK-IN/CHECK-OUT

Check-in time is 4:00pm; Check-out time is 11:00am. An early check-in fee may apply at the front desk. Upon check-in each guest will be responsible for showing valid ID and providing payment for any outstanding balance.

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Total Rewards Card,

Be sure to sign up for our Total Rewards program when you book. You will earn points for every dollar you spend at any of our properties nationwide. You can pick up your Total Rewards membership card when you arrive on property at the Total Rewards counter. Always remember to show your Total Rewards card wherever you go in our properties to earn points for money you spend. We will link your Total Rewards account to your room adding convenience to charge back to your room to earn every point you deserve. Points=Rewards so everyone comes out a winner!

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The following scripts are fairly standard hypnotic inductions. These are the inductions we will be using in class regularly for group exercises. I ask that you take the time to commit them to memory.

Word for word memorization is not necessary as much as overall flow, feeling, and arrangement of the induction.

This will enable you to focus on technique, method, tricks and tools taught in class to improve your abilities rather than just reading words off of the page.

Whether you are completely new to hypnosis, or even a veteran hypnotist, I ask that you learn the following scripts:

Bucket And Balloon Induction Script

Eye Fixation Induction Script

Post Suggestion To Re-Hypnosis

Deepening By Progressive Relaxation

Awakening Procedure

There are reasons I find these to be the most powerful and useful for hypnosis, but don't worry. You will learn those reasons all in class, with many other techniques as well.

I look forward to getting to know you in class as you start your journey as a hypnotist. Thanks again for signing up!

See you in class!

- Marc Savard

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Bucket And Balloon Induction Script

What I'd like you to do is take your right arm and put it straight out in front of you. Your right arm straight out in front of you, right up off of your lap. Now flip it over with your palm facing up... like you are accepting something... As if I would be placing an object in your hand, maybe a coin, a set of keys, something like that.

As you continue to focus and concentrate, I want you to imagine and create in your mind the next thing I'm about to describe to you. Imagine that I am walking up to your hand with a bucket; I'm placing the handle to that bucket across your open palm, with the bucket hanging underneath. I want you to curve your fingers inwards like you are holding on to the handle of this imaginary bucket. As you continue to focus and concentrate on this bucket, imagine and create that bucket in your mind.

Breathe in real deep, deep into your lungs. As you exhale, continue to focus and concentrate on that bucket. Imagine now that I'm walking up to your bucket with the end of a garden hose, placing the garden hose into the bucket, walking to the other end of the hose, turning on the tap, sending water through the hose and into the bucket; immediately the weight of the bucket begins to change.

You can feel the bucket getting heavier and heavier as you continue to focus and concentrate. If you can imagine that in your mind, your body can respond. You feel the bucket getting heavier and heavier and heavier. As you continue to focus and concentrate, that bucket is getting heavier and heavier and heavier but do not let the bucket go.

Continue to focus and concentrate on the bucket. As you feel it getting heavier and heavier and heavier. As you feel the water level beginning to increase, more water equals more weight, as the bucket is getting heavier and heavier and heavier. As the water level is getting closer to a quarter full, you feel it getting heavier and heavier and heavier than ever before.

As you feel that bucket continue to get heavier, I want you to take your left arm and put it straight out in front of you with your palm facing down; the exact opposite of your right hand. As you continue to focus and concentrate on the bucket, imagine and create now on your left hand that I've tied a string around your left wrist, and that string is attached to one hundred helium filled balloons. You begin to feel the balloons getting lighter and lighter. Lifting and rising, rising, and lifting. Soon that arm will be outstretched over your head as you feel the balloons getting lighter and lighter and lighter. Lifting and rising, rising and lifting.

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The bucket of water is getting heavier and heavier and heavier, the balloons are getting lighter and lighter and lighter. Space between your two arms begins to increase as the bucket's getting heavier and the balloons are getting lighter and lighter and lighter, lifting and rising, rising and lifting... getting lighter and lighter and lighter.

There's enough weight in your body to keep you on your chair. The balloons are getting lighter, the bucket is getting heavier and heavier and heavier. You can see the balloons in your mind's imagination... silver ones, black ones, purple ones. I can't possibly know, they're in your imagination.

Now we're going to double the balloons from one hundred to two hundred...getting lighter and lighter and lighter. Lifting and rising, rising and lifting, getting lighter and lighter and lighter.

As you continue to keep your eyes closed, drop both arms loosely to you lap right now. Good, let your arms relax. Breathe in real deep, deep in to your lungs as you exhale, continue to keep your eyes closed, drop your head comfortably forward. Let your chin rest down on to your chest; let your neck muscles relax. Allow your entire body to relax from the bottom of your feet right up to the top of your head.



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Eye Fixation Induction Script

Look up at the ceiling. Pick a spot on the ceiling; it could be a shadow, part of the ceiling, the fan, whatever you decide. Take a nice deep breath and fill up your lungs, letting the breath out slowly.

As you focus your attention on that spot, you will find that your eyelids are getting very heavy, very tired, very sleepy and very relaxed. And you will find that you want to close them.

Take a second and even deeper breath, filling your lungs completely, and exhale slowly.

Now, just as soon as you become aware of your eyes growing very, very tired, and very heavy, let me know by nodding your head “yes”.

Now they’re going to get even heavier than they are right now. When they become so heavy that they feel as if they were made of lead, marble or stone, and they want to close down, you’ll find that you are able to enter the hypnotic sleep quickly, soundly, and deeply.



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Post Suggestion To Re-Hypnosis

Each and every time I suggest deep sleep to you, you will enter the hypnosis state quickly, soundly and deeply.

Each and every time you will go to this deep state of relaxation that you are in right now... you will return to this wonderful feeling... this deep relaxation that you're in right now... each and every time I say the word "sleep" now or in the future, your physical body will be very relaxed just as it is now... and deep asleep.



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Deepening By Progressive Relaxation

Focus your attention on your toes and your feet. You could become aware of a heavy feeling, like the unnatural weight of your shoes. Just become aware of your feet and your toes. Become aware of that certain sensation and follow it as it moves over the bottoms of your feet, your ankles, and your calf muscles. Feel them relaxing; become aware of your legs, relaxing.

The knees, the long thigh muscles, the hips... relaxing...

As you breathe in, breathe in relaxation; exhale tension... relaxing your abdominals and your chest muscles... Take another deep breath and relax even more.

Across the shoulders, the muscles turn loose... down the arms, your hands, and all the muscles in the neck and back now... relaxing.

And now the relaxation moves to the back of your head, across the top of your head, and your forehead... relaxing.

You're going deeper. Now your eyes, cheeks, and all the muscles in the face and jaw... relaxing.

And as you feel the jaw muscles growing loose and slack, the teeth not quite touching, you realize that from the tips of your toes, to the very top of your head, you are more relaxed than ever before.

Awakening Procedure

In a few moments, I will count upwards from zero to five. Five, as always, represents wide-awake, physically relaxed, emotionally calm and intellectually alert.

Zero... one... two... three... four... five...

Eyes open and wide awake!