



WHAT DO I NEED TO BRING ON THE HIKE?

- A pair of shoes to wear on the drive home, like thongs, something so your feet can breathe. And your hiking shoes may be very muddy.
- Water that you can carry in a back pack or fanny pack, we want your hands free.
- Sunscreen and bug spray to put on at your car, before the hike, or at home before you leave (do not spray bug spray around others on the trail, some people don't like that)
- Snacks for after the hike if you are prone to low blood sugar, normally eating after a long hike is not recommended until your body cools down (you can eat snacks at mid point in the hike if you feel the need).
- Small notebook and pen (if you like to take notes)
- Small towels or wet wipes, if you feel the need to wipe down after
- Camera or phone (or photos only) your phone must be on silent.
- Signed waiver

WHAT TO EXPECT/INTENTION OF EACH HIKE

Hypnotic Hikes or HYPNOTIC TRIPS combine hiking, nature, and hypnosis to alter your current reality. So much better than drugs!

These hikes are created to help you release anxiety and stress, gain a new perspective, get in touch with your higher self/best self, find the answers to a problem and more.

Valerie, hypnotist and your guide will assist each hiker through the release process and teach self hypnosis. You will come away with new tools for accessing your unconscious mind anytime you feel the need.

IMPORTANT

My phone is 972-974-2094, however I may not be able to assist you if you are lost or running late. If you need to find our meeting place, please ask a Park Ranger, or consult a park map. Once we start the hike, I will not answer my phone. You are welcome to start the hike and catch up, we will be stopping several times in the first 2 miles. Please plan on **entering the park 30 minutes before the hike time**, it will take time to pay your entrance fee and drive to our meeting place.