

# Is your mind **KEEPING YOU** from performing your BEST?

 Enhance your athletic performance, naturally!

 Increase your confidence and motivation

 Achieve your fitness goals faster & easier

**Excellence in athletic performance  
is just a few thoughts away!**

For scheduling and more info contact

Juan Acosta 858-461-9861

[www.hypnodontist.com/laketahoehypnosis](http://www.hypnodontist.com/laketahoehypnosis)