



Ballerina Dreams

Imagine being able to effortlessly glide across the stage, your body moving in ways you never thought possible as you become one with the music. Every muscle working in unison to create the most beautiful art that anybody has ever seen. The audience is captivated by your every move, and you are in a state of pure euphoric bliss as you finally get to live out your wildest fantasies.

With this hypnosis recording, you will be able to tap into your inner ballerina and access the part of your brain that controls your movement and coordination. You will find pleasure in being able to visualize yourself becoming the most graceful and flexible ballerina that you can be, as your body starts to naturally move in ways that are elegant and feminine and fluid. The more you listen, the more you will find yourself thinking about ballet and wanting to practice your routines.

Become completely obsessed with becoming the best ballerina that you can possibly be, and be driven to achieve your ballet dreams.

- ✧ Remembering that I have always loved to be a beautiful and graceful ballerina.
- ✧ I am light as a feather with my movements becoming more fluid and feminine.
- ✧ Completely obsessed with becoming the best ballerina that I can possibly be.
- ✧ Aroused at the thought of becoming a professional ballerina.
- ✧ I am flexible and coordinated, and my body loves to move in ways that are elegant and feminine.
- ✧ Finding pleasure in the thought of being a ballerina and practicing my routines.
- ✧ Fantasizing about becoming the most graceful and flexible ballerina that I can possibly be.
- ✧ The state of pure euphoric bliss whenever I am dancing.
- ✧ Captivating any audience that watches me dance.
- ✧ Craving to become a professional ballerina, because I love everything about dancing and becoming graceful.
- ✧ Listening to my favorite girly pop music while I practice my makeup.
- ✧ Thinking about how dancing is the most natural and beautiful hobby that I can participate in.
- ✧ I am a beautiful and graceful ballerina.
- ✧ As light as a feather whenever I dance.
- ✧ Feeling pleasure and desire as I move effortlessly across the stage.



- ✧ Moving my body naturally with the music.
- ✧ Practicing often to make sure that my body stays strong and flexible.
- ✧ Craving to become the best ballerina that I can possibly be.
- ✧ Obsessed with becoming a better ballerina.
- ✧ Feeling pleasure and arousal and desire whenever I am driven to achieve my ballet fantasies.
- ✧ Wearing make-up to help me feel pretty and feminine.
- ✧ Remembering to pay attention to my hair because it is an important part of my appearance.
- ✧ Worrying about my weight because I want to look slim and sexy whenever I am seen practicing my ballet routines on stage.
- ✧ Accepting compliments graciously because I know that I deserve them.
- ✧ Shopping for new pretty, feminine, outfits because I love trying on new things.
- ✧ Spending time on my appearance because I love to look my feminine best.
- ✧ Dedicating myself to becoming the best ballerina that I can possibly be in my future.
- ✧ Feeling pleasure and arousal and desire whenever I practice my routines every day so that I can perfect my skills as a ballerina.
- ✧ Working hard to become the most graceful and flexible ballerina that I can possibly be.
- ✧ Becoming completely obsessed with becoming the most talented ballerina possible.
- ✧ Regularly reading women's magazines in order to get feminine fashion tips and ideas.
- ✧ Spending hours on Pinterest looking at pictures of pretty girls and feminine things.
- ✧ Visualizing myself as the most graceful and flexible ballerina that I can possibly be.
- ✧ Thinking about how much I love being a graceful and elegant ballerina.
- ✧ Completely obsessed with becoming the best ballerina that I can possibly be.
- ✧ Feeling pleasure and satisfaction whenever I am driven to achieve my ballet dreams.
- ✧ Finding pleasure and desire and arousal in being able to visualize myself becoming the most graceful and flexible ballerina that I can possibly be.
- ✧ Finding myself thinking about ballet and craving to practice my graceful and elegant and feminine routines.
- ✧ A beautiful and talented ballerina.
- ✧ Loved and supported by my family and friends who encourage me to pursue my ballet dreams.
- ✧ Confident and graceful whenever I am dancing.
- ✧ In a state of pure euphoric bliss whenever I am performing on stage.
- ✧ Becoming the best ballerina that I can possibly be.
- ✧ Walking with a feminine strut that makes my hips sway.
- ✧ Constantly thinking about how I can become more feminine and girly.



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- ✧ Practicing my dance routines in the mirror until I can get every move perfect.
 - ✧ Listening to classical music in order to get into the ballet mindset.
 - ✧ Stretching my body in order to become more feminine and flexible.
 - ✧ Wearing my hair in a bun whenever I dance.
 - ✧ Applying makeup to look like a professional ballerina.
 - ✧ Dressing in all pink whenever I go to ballet practice.
 - ✧ Only eating foods that will help me stay slim and graceful and feminine.
 - ✧ Drinking lots of water in order to stay hydrated for dancing.
 - ✧ Getting a good night's sleep so that I can be well-rested for ballet practice.
 - ✧ Shopping for new fashionably feminine clothing and accessories and shoes as often as possible.
 - ✧ Wearing make-up and doing my hair in order to look my absolute best at all times.
 - ✧ Being the life of the party and always craving to be the center of attention.
 - ✧ Dancing like there is nobody watching, and feeling the music move through my body as I move in front of my captive audience.
 - ✧ Allowing myself to be free and wild and sexy whenever I am dancing.
 - ✧ Practicing my routines over and over again until they are perfect.
 - ✧ Performing for an audience and feeling excited and aroused by their energy and cheers and love.
 - ✧ Thinking about how I can achieve my ballerina dreams and become the best ballerina that I can possibly be.
 - ✧ Loving to dance and feel the music flowing through my body.
 - ✧ Obsessed with becoming the most graceful and feminine and delicate ballerina that I can possibly be.
 - ✧ Desiring to practice my dancing and ballet techniques every day.
 - ✧ Becoming flexible and graceful and elegant.
 - ✧ Perfecting the coordination and control that I have over my delicate and feminine body.
 - ✧ Remembering how I always enter a state of pure euphoric bliss whenever I am dancing.
 - ✧ The most beautiful and captivating dancer that anybody has ever seen.
 - ✧ Thinking about how dancing is the most natural and seductive and feminine thing that a woman can do.