

# Relaxation

## Sounder Sleep Seminar

- Stressed out ?!!
- Can't go to sleep ?!!
- Can't go back to sleep ?!!
- Insomnia ?!!

The **Sounder Sleep System**<sup>®</sup> consists of gentle, sleep-inducing movement and breathing techniques. You can do them right in your bed to relax your body, calm your mind, and lull you into a blissful, restorative slumber. If you wake up during the night, the mini-moves get you right back to sleep. They are far better than any sleeping pill or herbal sleeping aid, because there are no side effects. A great thing - especially for new parents and particularly helpful for anxiety and stress.

Learn these essential tools for gentle self-care and inner peace

Saturdays 1-6 pm

Jan 24, Springfield, VA

Feb 28, Herndon, VA

April 04, Springfield, VA

May 09, Herndon, VA

Cost \$ 78

Space is limited. Register early.  
Consider not planning any activity after the workshop  
- you'll be very likely to long for your bed.

### Petra Riedel-Willems

Certified Feldenkrais Practitioner<sup>®</sup>

Sounder Sleep<sup>™</sup> Teacher

Bones for Life<sup>®</sup> Instructor

Practitioner of Anat Baniel Method  
for Children with Special Needs<sup>SM</sup>

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Falls Church, VA

# Registration for Relaxation & Sounder Sleep Seminar 2009

**Springfield**, VA 22152, 8136 Old Keene Mill Rd

**Jan 24**

**April 04**

**Herndon**, VA 20170, 443 Carlisle Drive,

**Feb 28**

**May 09**

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

make check out and send to:

Petra Riedel-Willems, 7573 Chrisland Cove, Falls Church, VA 22042