

Relaxation

Sounder Sleep Seminar

- Overstressed ?!!
- Time for bed but wide awake ?!!
- Need more sleep but caaan't ?!!
- Insomnia ?!!

The **Sounder Sleep System**[®] 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

Saturday February 27, 2010
10 am – 5:00 pm,

Where: Falls Church

Register: by Feb 13, pay \$ 85
There after, pay \$ 95

Space is limited. Register early.
Consider not planning any activity after the workshop
- you might be longing for your bed.

Petra Riedel-Willems

Certified Feldenkrais Practitioner[®]

Sounder Sleep[™] Teacher

Bones for Life[®] Instructor

Practitioner of Anat Baniel Method
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www.soundersleep.com/petra

Falls Church, VA

Registration for Relaxation + Sounder Sleep Seminar 2010

Falls Church, February 27 , 2009

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Tel: _____ Email: _____

make check out and send to:

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