

How to Get a Good Nights Sleep: Mind-Body Tools for Deep Rest

with Robin Carnes, E-RYT500

Sunday, February 4, 2018 1 - 4pm \$45

This workshop is appropriate for anyone open to learning new ways to support with their body's natural capacity for rest.

Sleep is an essential function of human life, yet millions of Americans suffer from sleep problems. Whether you have difficulty falling asleep, staying asleep, or feeling rested upon waking, these sleep issues can impair your mental, emotional, and physical health. Join us to learn the skills and practices for deep rest and getting a good night's sleep.



For More Info. On
Robin D. Carnes,
MBA, E-RYT500 visit
www.robinarnes.com

In this workshop you will:

- ◆ Review some of the basics of sleep hygiene
- ◆ Learn evidence-based mind-body skills to improve sleep
- ◆ Practice a variety of key sleep-inducing exercises
- ◆ Take home materials to enhance and support your sleep, including a guided iRest meditation



Robin Carnes is a certified yoga and iRest yoga nidra meditation teacher. For six years she served as the yoga and meditation instructor for an acute Post Traumatic Stress and Traumatic Brain Injury treatment program sponsored by the US Department of Defense. She has trained mental health professionals in VA hospitals to teach iRest Meditation for a variety of stress-related conditions. Robin has a private yoga therapy practice. Her work was featured in Woman's Day Magazine, The Huffington Post, and an award-winning documentary, Escape Fire: The Fight to Rescue America's Healthcare.

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: (✓) Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

(✓) Please sign me up for the following workshop with Robin Carnes, E-RYT500:

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Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____