

# Better Sleep & More Energy

with Ami Jayaprada Hirschstein



Thursday  
June 28th  
6:00-8:00pm  
Price: \$25

**Do you have insomnia or sleep difficulties?  
Do you wake up feeling tired or have low energy?**

Learn about how to sleep better with **Ayurveda**. Ayurveda is the ancient holistic healing science from India. Ayurveda works with finding our own individual balance through diet & lifestyle changes.

In this course you will:

- \* Understand how your hormones contribute to lack of energy and sleep disturbances
- \* Learn relaxation techniques to soothe your nervous system.
- \* Understand how diet and lifestyle effects sleep and energy
- \* Learn simple steps to sleep more soundly and have more energy!



**THE LIVING SEED YOGA AND HOLISTIC HEALTH CENTER**  
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**845-255-8212 [WWW.THELIVINGSEED.COM](http://WWW.THELIVINGSEED.COM)**