

**A NEW APPROACH
TO BETTER SLEEP & FOCUS FOR YOU & YOUR CHILD**

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WORKSHOP AVAILABLE

“If only I could get one good night’s sleep—no one waking me up and no worries running the squirrel cage of my mind, then I could focus! How do I help my kids focus when it’s important? *Can you relate?*”

Come experience a taste of techniques that go directly to the energy system of the body that help

- **Clear the effects of the challenges of the day**
- **Prepare your body to relax**
- **Move your nervous system into its greatest balance so you can focus on the task at hand, including sleep**