



Wellness
GARAGE

Lifestyle Medicine Clinic



SLEEP YOURSELF WELL

with Meditation & Mindfulness Strategies

What if you could wake up every morning feeling refreshed, focused, and excited to move through your day? Wellness Garage is excited to offer a 6 week workshop series on developing tools to help you get your best night's sleep.

In this series you'll learn not only about the importance of sleep and how essential it is for optimal health and well being, but also how to review your lifestyle habits, exercise and nutrition to examine how they may be interfering with your sleep.

In today's fast paced world, many people forgo sleep and overextend themselves to catch up on work and other responsibilities. If you are feeling run-down, struggling to focus or feeling irritable for no clear reason, this series will teach you meditation and mindfulness strategies proven to support a good night's rest!

WHERE

Wellness Garage
15165 Russell Avenue,
White Rock, BC

WHEN

Monday Mornings from 9am-10am
September 30-November, October 7
(No Class Canadian Thanksgiving-October 14)

COST

\$150 for Six Sessions
20% Discount
for Members



Sign up online at wellnessgarage.ca/Experiences or contact Tracy@wellnessgarage.ca

SPACE IS LIMITED TO 6 PARTICIPANTS PER SESSION.

TRACY SUNDBO

Yoga & Meditation
Teacher

