



Feel more refreshed and invigorated every day of your life through a few simple and self-honoring techniques.

5 Natural Practices to Deep Satisfying Sleep Tonight!

PART OF AN **ENERGY IN ESSENCE** & CHOPRA CENTER AYURVEDIC LIFESTYLE PROGRAM

Do you have difficulty falling asleep? Staying asleep? Do you have mornings you feel ANYTHING BUT refreshed and ready to embrace the day? Does even thinking about heading to bed before 10 or 11pm fill you with dread? Do you push through the sleepy evening phase and then suddenly find that frustrating second wind? Do you awaken with generalized pain or anxious about the coming events of the day? If you've said "yes" to any of these, you are definitely invited to this **complimentary and life-altering 1-hour talk**. You will learn how paying attention to 5 simple techniques can give you truly AMAZING results for deeper more satisfying rest each and every night by:

- Shifting **what** and **when you eat** to allow your body to relax sooner for bedtime.
- Knowing what your **mind body principle** needs the most to prepare for rest.
- Modifying **your evening activities** 3 hours prior to sleep for more comfortable and consistent sleep.
- BONUS: **5 more FREE tips** and techniques sent to you upon completion of the talk!

Includes introduction to the Perfect Ayurvedic Health Lifestyle Program as developed by **DEEPAK CHOPRA, M.D.** and **DAVID SIMON, M.D.**, co-founders of **THE CHOPRA CENTER FOR WELL BEING**

Saturday, September 7th, 3:00 – 4:00 pm
Corner of 17th & Central, Pacific Grove, CA



Contact Laura Brink, M.S.L., E.P. @ 831-204-0738,
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