

RESTORATIVE SLEEP WORKSHOP

The Art, Science, and Spiritual Practice of Sleep



November 3-5, 2023
facilitated by Jessica Del Pozo

Begins with dinner on Friday
at 5:15pm; registration
between 3:00 and 5:00pm.
Ends after lunch on Sunday.

Do you really want to sleep? Our invisible sleep and waking rhythms influence how we feel, what we do, and how we relate to others. Our internal clocks connect us to everything natural and can be easily disrupted. This retreat provides practical skills that honor the body's natural rhythms to guide us toward deep and restful sleep while also viewing sleep as a spiritual practice that, like any skill, we can learn to do better. Our relationship with sleep can be transformed from a struggle of deprivation to a nurturing and sacred practice. Learn intimate details about sleep architecture, how to navigate challenging sleep terrain, and align our daily patterns into rhythms of restoration. We *can* sleep better and bring ourselves fully, creatively, and wholly to each new dawn.

Jessica Del Pozo, PhD, is a psychologist, teacher, and author with over 20 years of experience in diverse healthcare settings. She believes that we feel our best when aligned with the rhythms of life that connect us intimately with each moment. Learn more at www.lemkehealth.com

REGISTRATION - THE ART OF SLEEP - NOVEMBER 3-5, 2023

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card # _____

___ Visa ___ Mastercard ___ Amex Exp. Date _____ CID _____

COST: \$295 Resident (*\$75 non-refundable deposit*)

\$250 Commuter (*\$75 non-refundable deposit*)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ 530-887-2019
You may also call with a credit card number or register online at www.mercycenter.org