

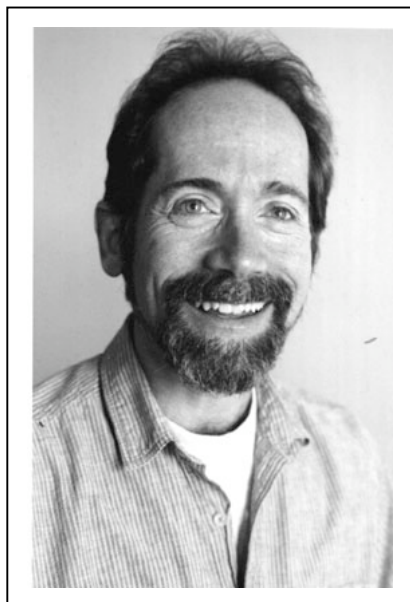
Say Goodnight to Insomnia!

Join us for a

SOUNDER SLEEP SOMINAR™

Presented by Barbara Anderson and Michael Krugman

Kansas City, MO • June 4-5, 2005



✓ **Say "good night" to insomnia!** This *SOUNDER SLEEP SOMINAR* presents gentle, remarkably effective movement techniques called *mini-moves™* that relax your body, calm your mind, and lull you to sleep. If you wake up during the night the *mini-moves* get you back to sleep fast. As a result, you'll get the natural, restful sleep you need, when you need it. You'll look better, feel better, enjoy life more.

✓ **Discover the pleasurable path to self-healing.** Recent sleep research reveals that deep, restful sleep boosts immune function and promotes optimum healing. The easy, effortless *mini-moves* put this natural healer right at your fingertips.

✓ **Enjoy this unique opportunity** to experience the *SOUNDER SLEEP SYSTEM* as taught by its founder, Michael Krugman, and *SOUNDER SLEEP* Instructor Barbara Anderson, founder of Body & Soul KC.

Michael Krugman, MA, is a lifelong student of traditional self-healing systems including yoga, qigong, and meditation. He has been a GUILD CERTIFIED FELDENKRAIS TEACHER® since 1987. Michael teaches and lectures on sleep, alertness, self-healing, meditation, and corporate wellness issues all over the US and in Europe. He lives in New Mexico. Michael's forthcoming book, *The Insomnia Solution*, will be released August 23 by Warner Books.

Barbara Anderson, MA is a Hatha Yoga Instructor, a GUILD CERTIFIED FELDENKRAIS TEACHER, and an Authorized Instructor of the *SOUNDER SLEEP SYSTEM*. Barbara is the founder and director of Body & Soul KC.

Dates: Saturday and Sunday, June 4 & 5, 2005

Times: 10:30 a.m. to 5 p.m. each day

**Location: Body & Soul KC
649 East 59th Street, Kansas City**

Tuition: \$200 until May 15; \$225 thereafter

**To enroll: contact Barbara Anderson, 816.363.8282
Or email bodyandsoulkc@sbcglobal.net**

Sleep School

How to get straight zzzzs

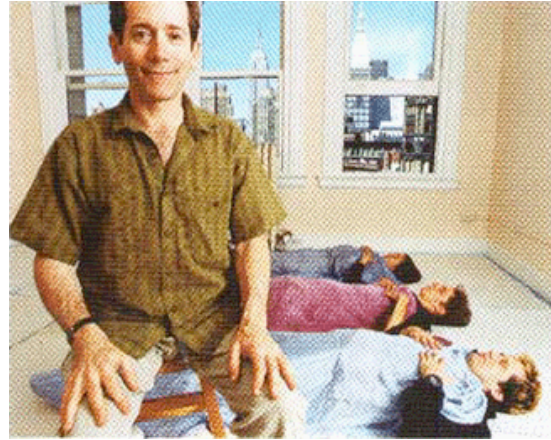
Sleep trainer Michael Krugman (soundersleep.com) has treated workers at Saatchi & Saatchi, Equitable Life Assurance, the NYPD, and Philip Morris (gee, wonder what keeps *them* up at night). "Most of the major industrial disasters and accidents like Bhopal, *Exxon Valdez*, and Chernobyl involve sleep-challenged workers," he says. **Janice Revell** had a few questions.

Why do people have problems sleeping?

This is an overstimulated society. Companies want employees to be as productive as possible but there's the misapprehension that people work well only when they're hurrying or in a state of hyperarousal. You can't be in that state all day and then just turn it off at bedtime.

How does your system work?

There are certain slow, gentle rhythmic movements — particularly those involving the eyes, lips and tongue — that can bring people very quickly to a state of profound repose. Once you're in that state, your mind and body will decide what



to do next. If you need sleep, you will sleep.

How long does it take to master the moves?

Many people respond after one session with me, some need four or five. If you're willing to practice three minutes, three times a day, you usually get great results. That's not a big commitment.

Who should attend this program:

- all somatic educators
- all healing arts practitioners
- nurses and physical therapists
- yoga teachers and trainers

and...

members of the general public who:

- have difficulty getting to sleep
- have difficulty getting back to sleep
- suffer from stress, tension, or associated health challenges...

...and anyone who would enjoy:

- exquisitely subtle movement and breathing
- greater lightness, ease, and joy of being
- deeply healing rest for every cell in their body

What they're saying about the SOUNDER SLEEP SYSTEM:

- "For me, its implications go far beyond sleep; the work creates a new ground for authentic learning." —Donna Blank, FELDENKRAIS teacher and trainer, Washington, DC
- "I hadn't been sleeping well, sometimes not at all, for over two months. Since I took your seminar, I have been sleeping regularly and for almost 8 hours each night. I bought your CD for my mom, who also has difficulty sleeping. It is really working for both of us."—Allyson, lawyer
- "I use your techniques with all my patients. They have been a godsend because they are so simple and so effective."—Jeanne Melvin, Program Manager, Fibromyalgia and Chronic Pain Programs, Cedars-Sinai Medical Center, Los Angeles
- "As a maternity nurse I have found these techniques to be highly effective in reducing patients' post-partum anxiety. For myself, I always do them lying down because I am certain to fall asleep within minutes." —Cally Phelan, RN