

SOMINAR



Sominar with Michael Krugman,
founder of the *Sounder Sleep System*
November 28 - 30, 2014 in Vienna

Teaching language will be English.



The Sounder Sleep System

is a unique method that opens the possibility to self healing from insomnia and offers a path to reduce everyday stress. Synchronising small movements and breathing calms and relaxes - so that one can easily fall asleep when one needs rest. The Sounder Sleep System enables an effortless falling-asleep experience as well as quick going back to sleep during the night. This Sominar offers a simple yet effective path to being able to simply bring oneself to sleep.

Michael Krugman (USA)

has been working on the subject of sleep for the past 15 years. He is author of „The Insomnia Solution: The Natural, Drug-Free Way to a Good Night’s Sleep“, (Grand Central Publishing).

Read more on Michael at www.soundersleep.com/michael.php

Learn to Sleep

Friday, Nov. 28 – Sunday, Nov. 30, 2014

Fri: 15–19h, Sat & Sun: 10–17h

Feldenkrais Institut Wien

Taborstraße 71/1a, 1020 Wien/Vienna

Fee: € 330,- (incl. 20% VAT)

€ 270,- reduced (for Students, e.g.)

Limited number of participants.

Questions, reservation and registration:

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