

Rest

with the *Sounder Sleep System*®
Mondays, 7–8pm, July 28–Sept 1



About Sounder Sleep

In each class, we'll experience three simple movements that can be used daily to relax amidst the stresses of daily life, and also at bedtime to help you find your way to sleep. Movements are practiced while seated or lying, and accommodations can be made for any ability level.

Preparing for class

You are encouraged to bring pillows and blankets to make yourself comfortable. There is a \$12 fee for each class.

Place

Transformative Change Center
2584 MLK Jr. Way, Berkeley

Dr. Dav Clark is an authorized teacher of the *Sounder Sleep System*. He has additionally taught groups and individuals for 5 years as a *Guild Certified Feldenkrais Teacher*®. He completed his Ph.D. at UC Berkeley where he continues his research on brain systems engaged in mindful movement practices like tai chi. Dav is captivated by the simplicity and power of the *Sounder Sleep System*, and thinks you will be too!



Sounder Sleep System is a registered trademark of Michael Krugman. *Guild Certified Feldenkrais Teacher* is a registered trademark of *The Feldenkrais Guild*® of North America.

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