

# Setting Sleep Disorders to Rest



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Spacial Dynamics Institute  
10 N. Main Street, Mechanicville, New York 12118

“ To sleep: perchance to dream: ay, there’s the rub;” These words of Shakespeare’s are more haunting today than ever before. Sleep disorders plague over one-third of the American population. Some can’t fall asleep. Some have trouble waking up. Some sleep fitfully and wake up more tired than when they went to bed. Insomnia, snoring, naps, sleep apnea, restless leg syndrome, sleepwalking, bedwetting, and nightmares are just some of the topics we will cover in this course. Whether you are challenged by sleep disorders yourself or have children, loved ones, or clients who suffer from patterns of sleep disturbance , come join us as we use Spacial Dynamic movements, breathing, and quieting exercises to find ways of resting you never dreamed of.

We begin at 7:30 pm on the first night, and end at 12:00 noon on the last day. Tuition for this session is \$500. This course is open to everyone. SDI graduates receive Level II credit .

To register, please contact [sdiadmissions@earthlink.net](mailto:sdiadmissions@earthlink.net) or 518-695-6377.

A recommended reading list will be available upon registration.



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