

# RESTORATIVE SLEEP WORKSHOP

The Art, Science, and Spiritual Practice of Sleep

February 11-13, 2022

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.

*The Art of*

**SLEEP**

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. 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 licensed clinical psychologist, retreat facilitator, and author of *Being Awake Better*, a blog for Psychology Today. She has over 20 years of experience in healthcare helping individuals, professionals, and organizations integrate systemic changes that build resilience and life-long well-being.

Learn more at [www.lemkehealth.com](http://www.lemkehealth.com)

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## REGISTRATION - THE ART OF SLEEP - FEBRUARY 11-13, 2022

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Credit Card # \_\_\_\_\_

\_\_\_\_ Visa \_\_\_\_ Mastercard

COST: \$250 (\$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](http://www.mercycenter.org)