

ROBERTDESTEFANO | sleep wellness

Course session descriptions: "Zen & the Art of Better Sleep" with Robert deStefano

With the integrity and empathy of a person who has lived 20 years of chronic insomnia, Robert deStefano passionately puts a new spin on how to break negative patterns and take back your sleep in this fun and engaging exploration into better sleep wellness.

Afternoon: Session One / Introduction: "Your sleep narrative and sixth grade science" 60 minutes

Synopsis: What is this thing called insomnia anyway? What if it was just an illusion? Discover how the z-story we create contributes to our sleep destiny. Participate in a discussion about the sleep event from a biological, psychological and sleep environment standpoint and discover the very real possibility of your life without insomnia.

Evening: Session Two / "Sleep Skills: Building a sleep sanctuary for the body, mind and spirit" 90 minutes

Synopsis: Personal development requires intention, know how and tools - all blissfully covered in this introduction to building a successful set of sleep skills and tools that will help sleep come faster, deeper, longer.

Night: Session Three / Practice: "The Sweet Art of Sleep Seduction™" 90 minutes

Synopsis: A course review, Q&A and then all the z-pieces come together embodied in blissful realization ... you are the zeducer and the zeduced in this bedtime sleep skills practice.

Wear loose, comfortable clothes.

Adults only.

Open to those with all levels of stress-induced insomnia and those simply looking for a more restorative sleep experience.

"Dear Robert ... The confidence you gave me instantly lulled me back to sleep the other night: I had woken up, immediately smiled to myself and rolled back over. I knew I had the power to fall right back asleep — rather than that usual pang of panic, followed by two hours of wakefulness. It's been blissful really." Amanda Ross, Sleep Skills Workshop Participant - Travel Writer for enRoute Magazine