



WEST COOK YMCA
255 S Marion St, Oak Park

SPIRIT MIND BODY SERIES

RESTORATIVE SLEEP

Activate through Exercise. Recharge through Sleep.



SATURDAY 4/25

\$25 | MEMBERS

\$40 | NON-MEMBERS

11:30AM-1:30PM

WHAT WE WILL EXPLORE:

- Conversation on why sleep matters + how to improve its quality.
- 21-day wind-down challenge to build a consistent sleep ritual.
- Seven Primal Movement Patterns + Wind Down Yoga (with Bruce & Anu).
- Beginner-friendly for busy adults, seniors, and anyone struggling with sleep.

BENEFITS:

- Build a consistent wind down routine
- Fall asleep naturally without melatonin or stimulants
- Improve quality of sleep
- Wake up feeling restored and energized