

# SOUL SPACE MAUI RENEWAL CENTER

## Community Speaker

*“Sound Sleeper”*

**With Michael Krugman**

Michael Krugman is the founder of the Sounder Sleep System, currently taught by over 200 health professionals in 12 countries. Michael is a life-long student of modern and traditional methods of self-healing and has over twenty years experience as a teacher and trainer in related disciplines. He is highly regarded for the warmth, clarity, humor, and broad appeal of his presentations. He is the author of *The Insomnia Solution*, originally published by Warner Books in 2005.

[www.soundersleep.com](http://www.soundersleep.com)



The Sounder Sleep System offers self-healing for insomnia and the stress of life. It consists of gentle movement and breathing techniques to make falling asleep easier and more pleasurable. If you wake up during the night, it helps you get back to sleep in no time. In this 90-minute presentation, Michael will introduce the basic principles of the Sounder Sleep System and teach several practical techniques you can use right away to achieve deeper, more restful sleep. You leave feeling relaxed and revived, and when insomnia strikes, you'll know just what to do.

***Date: Tuesday, July 19th***

***Time: 6:30 - 8:00 pm***

***Suggested Donation \$20.00***