



Sleep Well and Dream Big with Magic Nights Sleep Programming Technique Workshop

Based on Dr Katie Hawn's book:

*Magic Nights: A Treasure Map and Travel Guide to
the Ocean of Power and Possibility in Your Sleeping Mind*

In this introductory workshop, Dr Katie will help you to use your sleep and dreaming time productively with simple and customizable bedtime intention techniques to get a good nights sleep, dream well, get motivated, build self-esteem, get help with health challenges, build your capacity for wealth and love... It takes just a few minutes at bedtime and a few minutes in the morning. This technique will be a powerful and fun tool in your tool box of life, and will save you money as well, as you learn to use the free and unlimited powers of your brain and the universe to help you every night.

Learn to call forth your inner Captain, gather your crew and take your very own Magic Nights ship on a powerful and magical journey every night. Then, in the morning, discover the treasure you have brought back with you. Please bring a notebook and pen, and your questions about sleeping and dreaming. Dr Hawn will have her book Magic Nights available for purchase at the workshop.



Dr Katie Hawn is a holistic health professional with over 25 years of experience. She is a Chiropractor specializing in Upledger's CranioSacral Therapy and also is now offering hands-on channelled Divine Presence healing. Visit her book website at www.MagicNightsBook.com to read more about this new and powerful technique.

Saturday October 19, 2013 2:00-4:00pm \$25.00

Register: Mail payment \$25.00 payable to *Center for R & H
To 666 Plainsboro Road, Suite 635, Plainsboro NJ 08536
Pay Pal also available for payment by request
609.750.7432 or RelaxationandHealing@gmail.com
www.relaxationandhealing.com

