YOGA THERAPY FOR SLEEPLESSNESS & INSOMNIA

GARY KRAFTSOW

Friday, Oct. 16 thru Sunday, Oct. 18

SLEEP LOSS & YOUR HEALTH

The biggest health issue facing Americans today is stress resulting in sleep loss and insomnia which can wreak havoc in our lives. The impact of sleep loss on our bodies is reflected in numerous areas – on both our effectiveness on a daily basis as well as the long term effects on our health and overall quality of life.

“Sleep loss and sleep disorders are among the most common yet frequently overlooked and readily treatable health problems. It is estimated that 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, hindering daily functioning and adversely affecting health and longevity.”

“The cumulative effects of sleep loss and sleep disorders have been associated with a wide range of deleterious health consequences including an increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke.”

According to the National Institute of Health

“Slangry” is the new “hangry.” There may be another monster that’s causing your next-level irritability: Exhaustion. According to a new small study, a lack of sleep may alter your ability to process emotions and keep them in check.”

Huffington Post Article: Science Says Your Lack Of Sleep Is Making You A Miserable Person – September 24, 2015 by Lindsay Holmes

‘While the brain sleeps, it clears out harmful toxins, a process that may reduce the risk of Alzheimer’s, researchers say.’

NPR Article: Brains Sweep Themselves Clean Of Toxins During Sleep – October 17, 2013 by Jon Hamilton

INTERNATIONAL TEACHER ~ GARY KRAFTSOW

Gary Kraftsow is a pioneer in the transmission of yoga for health, healing, and personal transformation and founder of the American Viniyoga Institute. In this weekend workshop Gary shares tools for managing insomnia—including asana, breathing techniques, relaxation, mental practices, and education.

The sessions will be lecture & practice both. No prior yoga experience required.