



Mindfulness for Better Sleep & Rest

Want to learn how to practice mindfulness for better sleep?

Sleep doesn't have to be a struggle. Our Four-Part Mindfulness for Sleep & Rest Program is a calming online course designed to help you unwind your body, quiet your mind, and create space for deep, nourishing rest. Each session offers gentle guidance, soothing meditations, and simple science-backed tools to ease you into sleep and support better rest overall. Whether you're dealing with racing thoughts, restless nights, or just want a more peaceful evening routine, this program meets you where you are. Learn how to let go of the day and rest more fully—without pressure, without perfection, just presence.

REGISTER

<https://tinyurl.com/39dbs9se>

Mindfulness for Better Sleep & Rest is available to all NMPSIA Members and family members



Available on your smart phone, tablet, or desktop.

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.