

Inspired Sleep Program

A unique programme in central Wānaka that offers sleep support and connection with other like-minded parents in our community. To deepen your understanding of sleep from a holistic perspective that ultimately lays the foundations for your parenting confidence.

Date	Host
Tuesday 13th Feb - Tuesday 20th Feb	Cat Thompson - Holistic Sleep Coach of Inspired Sleep
Tuesday 27th Feb - Tuesday 5th Feb	

Course information

0-6 month enrollment

9:15am gather and chat!

9:30-10:15 course content.

10:15-11am Your personal sleep questions, my answers and support.

6-12 month enrollment

11:15am gather and chat!

11:30-12:15 course content.

12:15-1pm Your personal sleep questions, my answers and support.

What to bring;

Your own coffee cup!

Tea, coffee and baking will be provided FREE.

Cost for the 4 weeks;

\$150 via invoice to confirm your enrollment.

Payment plans as requested.

Access to:

**Lifelong sleep support via a Private Facebook group
for all Inspired Sleep Program attendees.**

10% discount on 3, 5 or 7 week support packages for one year.

Join the holistic sleep community where
you will be empowered to navigate your
child's sleep, the gentle way.

Respond - Connect - Collaborate

inspiredsleepwithcat@gmail.com

[@inspired.sleep.with.cat](https://www.facebook.com/inspired.sleep.with.cat)

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