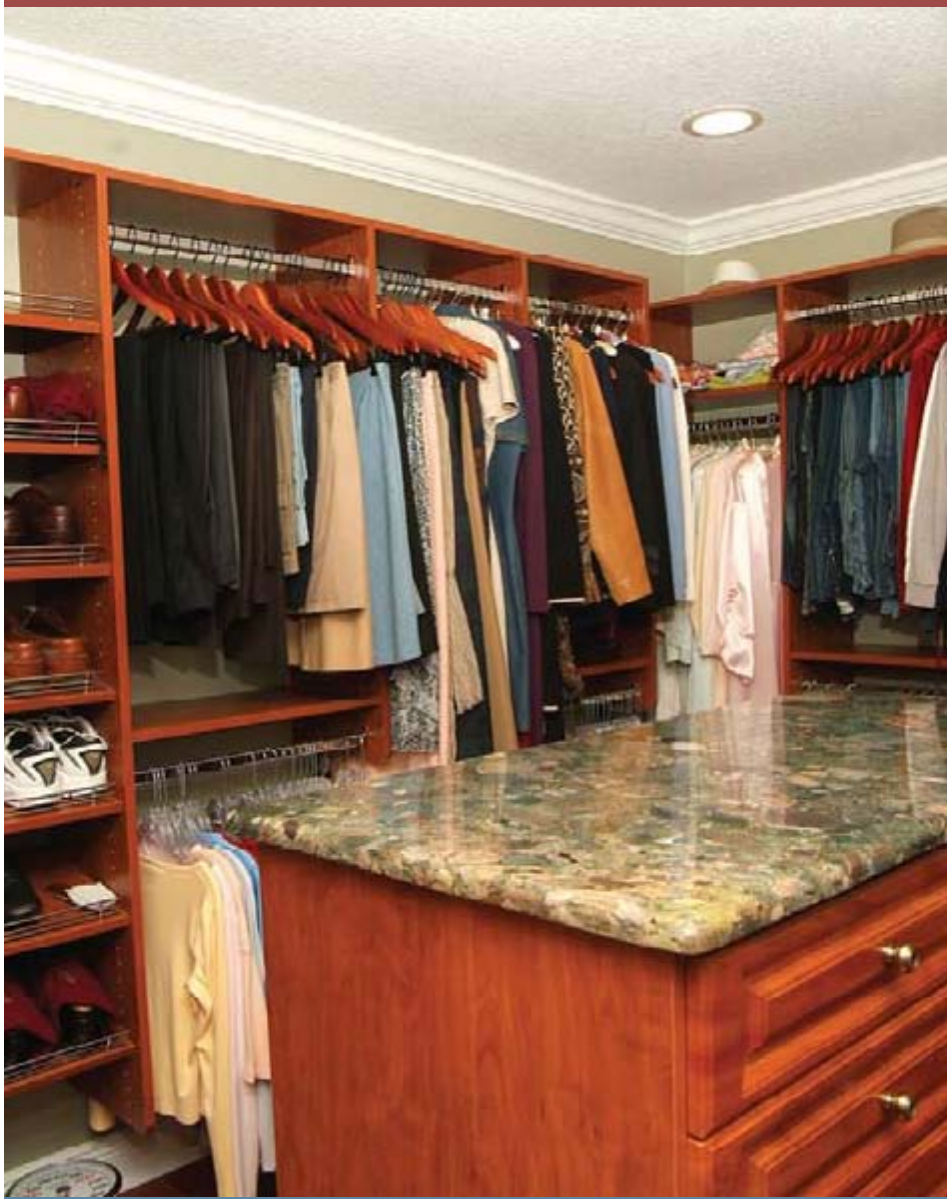


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**“Taking
charge of your
thinking”
Sunday, March 2,
at 2:00pm**

**First Church
of Christ, Scientist
Fort Myers**

McGregor at West First Street
(Next door to the Edison Home)
Child care provided

**At this free
Community event
you will discover:**

- How healing is possible through seeing God's love up close and personal.
- How you can use this practical prayer based system of healing for yourself.



Kari Mashos is an international speaker and practitioner and teacher of Christian Science healing, from Cape Neddick, ME. It was Mashos' study of the Bible and Science and Health which helped her through the feelings of abandonment by her father and the psychological effects of abuse. Mashos was an opera singer for several years before devoting herself full-time to the practice and teaching of Christian Science healing. Mashos is a member of the Christian Science Board of Lectureship.

Yoga for Sleep class set

SPECIAL TO FLORIDA WEEKLY

Health & Harmony Center is offering a two-hour class, Yoga for Sleep, Sunday, March 9, 10 a.m.-noon. This easy and beneficial use of yoga is suitable all body types and experiences. One common thread will be the desire to sleep more peacefully and deeply.

Everyone sleeps poorly on occasion. However, according to the National Sleep Foundation, 58 percent of Americans experience symptoms of insomnia at least a few nights of every week. Insomnia can be short-term or long-term. Short-term insomnia is usually due to a temporary situation, such as stress, job or relationship changes. Long-term (chronic) insomnia is typically caused by medical or psychological conditions, side effects of medications and poor sleep habits.

People with sleep problems may suffer from muscle aches, weak memory, inattention, irritability, mood swings, and an increased susceptibility to illness. Even with these symptoms, many people view sleep as something expendable, as something they do not need. However, getting adequate sleep is an important health issue, just like eating right, getting regular exercise, and not smoking.

Insomnia is commonly treated via prescription medications and/or behavioral therapy (changing habits and attitudes) with a specialized health professional. Although medication is sometimes necessary, for many people, yoga offers a simple, effective, natural, cost-free alternative.

A study completed on insomnia in 2001 demonstrated that simply modifying a person's attitudes about sleep and teaching good sleep habits produced better long-term outcomes than taking medications. Many studies have documented the fact that relaxation techniques are an effective treatment for insomnia, and yoga is believed to elicit what is known as the relaxation response.

From a yogic perspective, insomnia is due to the mind and body's subtle energy being agitated, out of control, and/or locked into disharmonious patterns. Yoga's solution is to work directly with the body, energy and mind to reestablish sleep-friendly calmness and harmony on all levels.

The Yoga for Sleep class teaches routines which offer this by integrating classical yoga tools, postures, breathing techniques, and affirmations - in less than 15 minutes. These techniques, when performed along with healthy sleep habits, are most effective in assisting with the sound sleep you are desire.

Contact Health & Harmony Center at (239) 433-5995 to register. ■

