

# Evening Calm Class

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To help you in creating an Evening Ritual to support you with a better night's sleep and get the most benefit from this Evening Calm Class below are some suggestions...

About 30-45 minutes before you are plan to go to bed:

- This would be a good time to take your evening supplement, most people with have a Magnesium drink mix, or a Calming de-caffeinated Herbal Tea, or a warm glass of Milk with Superfood.
- Do all our usual bedtime stuff like; wash your hand/face, brush your teeth & get into your sleep wear.
- If you wanted to further enhance your experience, you could either apply, diffuse or spray an Essential Oil Blend – most calming blends with have either lavender or chamomile as a base Essential Oil.
- Turn off your electronics and commitment to NO MORE screen time after finishing this Evening Calm Class.
- Maybe turn on some relaxing instrumental music which has a continuous rhythm of 60 BPM
- Dim the lights
- Join the Evening Calm Class

Just a final note – what you do or don't do during the day also has a BIG impact on your Sleep Health...

**Programs & Services to CALM your MIND and RELAX your BODY  
aaaaahhhh...**

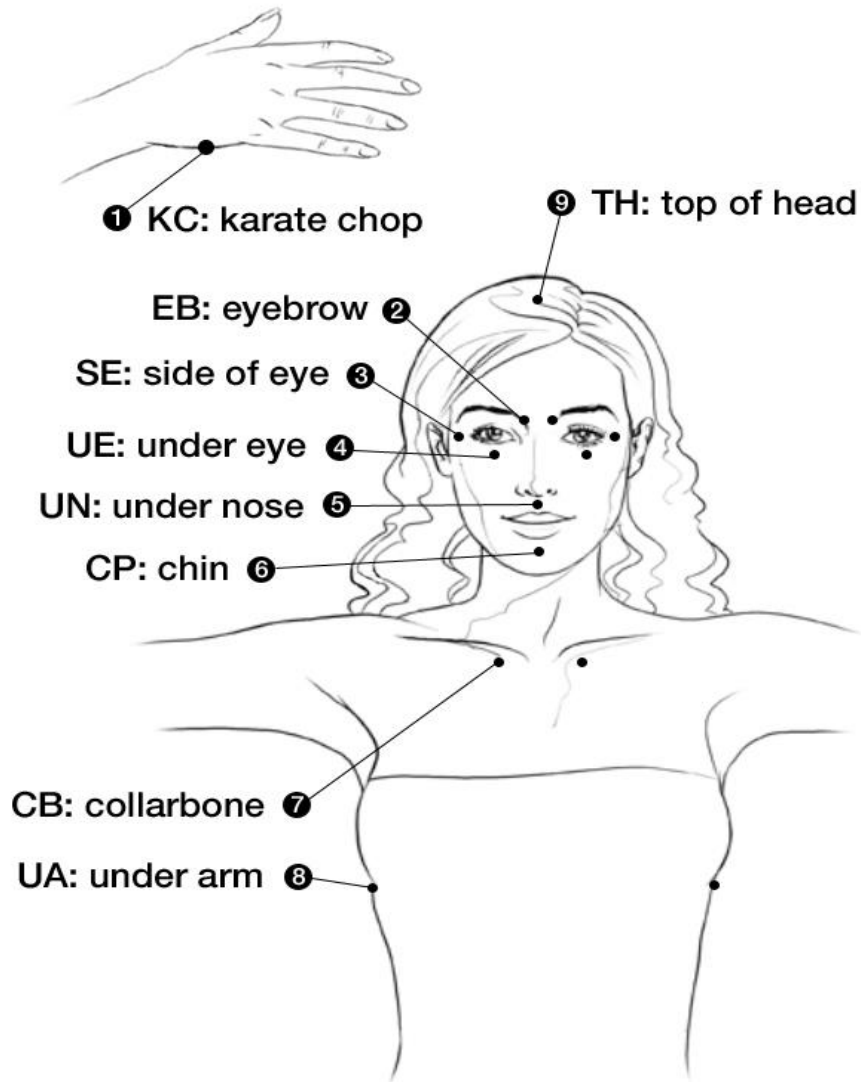
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Presented by Cindy Walker – Fitness/Yoga Instructor,  
Nutritional/Natural Supplement Advisor, Massage/Energy Practitioner

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# Tapping Point Guide

Gently Tap or apply Pressure 5-7 times on each of the acupressure points in the following sequence as guided by the Tapping Meditation:



Repeat as needed – references; EFT, Meridian Tapping and Tapping  
@ [www.TheTappingSolution.com](http://www.TheTappingSolution.com)

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