

## Yoga Therapy for Better Sleep

Monica Le Baron

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[www.monicalebaron.com/yogatherapy4sleep](http://www.monicalebaron.com/yogatherapy4sleep)

**Besides sending (virtual) flowers and love, give mom the gift of sleeping better than ever.**

By sleeping well, the body will perform its primary functions well - will digest well, breath well, and have strong immunity. When we are rested and healthy, we can be there for your family and your business.

### **How does it work?**

When booking an online yoga therapy session, you fill in a few questions and get a link to join a virtual meeting.

Depending on your needs, Monica guides will guide you into simple, gentle & effective tools to improve your sleep quality.

Then together you will create a wellness plan for you to follow on your own at home.

[Research](#) shows that yoga therapy is an effective treatment option for patients with insomnia, with no side effects.

The best part? No yoga experience is necessary to book a session.

### **ABOUT MONICA**

Monica Le Baron, helps high-achievers improve their sleep quality so they can achieve their full potential.

For years she was anxious, chronically stressed, and suffering from insomnia and pain, and it wasn't until she discovered yoga therapy that her life began to change; that's why she simplified the tools that worked for her to offer them to you and has already helped hundreds of clients and students to sleep better.

### **MOTHER'S DAY PROMOTION FOR WESST**

Because, both you and mom need a break and a good night's sleep, when you buy a session for mom, you get one free for you!

**Promotion expires Sunday, May 10**

How to claim your free session? Book a session for yourself and in the comments mention WESST's promotion and I will send you a promotion link for your mom to book her session. As simple as that!

**What are you waiting for, book now to start sleeping better tonight!**

**Visit our website: <https://monicalebaron.com/yogatherapy4sleep>**

**GIFT CARDS available as well here: <https://monicalebaron.com/gift-cards>**

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Yoga & Sleep Therapy

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