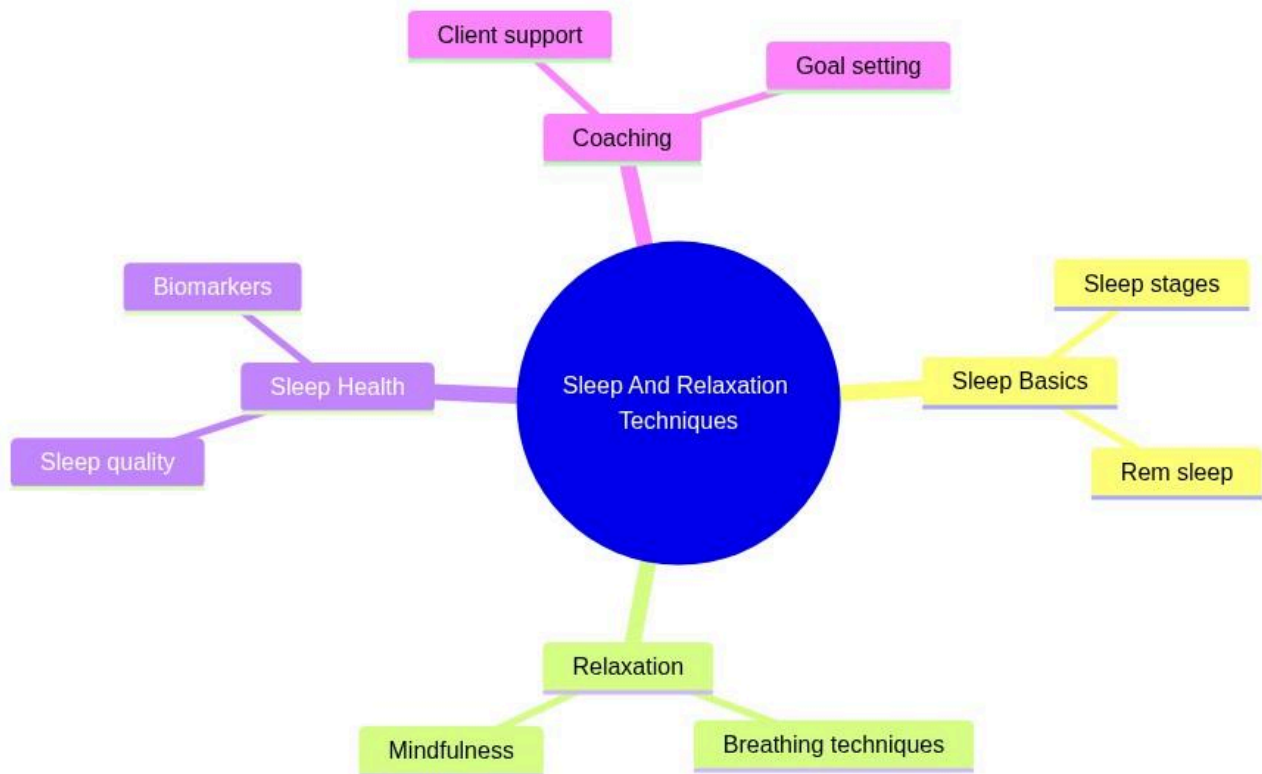


Professional Certificate in Longevity Coaching

Sleep And Relaxation Techniques



mindmap

root((Sleep And Relaxation Techniques))

Sleep Basics

Sleep stages

Rem sleep

Relaxation

Breathing techniques

Mindfulness

Sleep Health

Sleep quality

Biomarkers

Coaching

Client support

Goal setting