



Transition Bellinghen

# Don't miss Australia's first **NAP-IN!**

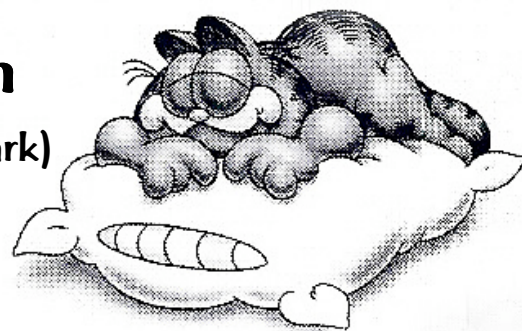
*Lie down & be counted!*

*Make a mini-siesta a normal part of our day!*

**TUESDAY JUNE 28TH 1-2 pm**

**Where?** If sunny: Maam Gaduying (Council park)  
If not: Bellinghen Library

*Assemble at 12.45 on Cnr of Hyde & Church Sts with your pillows (white for effect) and other napping aids (eg: blanket, eye mask, ear plugs) to progress to our local napping site.*



*Join us for a warm winter nap and return to work rejuvenated*

## **Why attend the Nap-In????**

- Experience a delicious, drug-free cure for the afternoon slump!
- Learn how to stop and be still during a normal working day.
- Help establish the mini-siesta as a socially acceptable and valued practice in our personal and working lives.
- Throw down a peaceful challenge to models of relentless growth that lead to exhaustion of vital energy reserves—both human and earth energy.

**Take a Stand! - albeit horizontal - against an ever-increasing pace of life.**

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Transition Bellinghen recognises the importance of practicing personal sustainability while promoting environmental and social sustainability. Napping is a renewable energy practice...so let's get napping!