

Australia's First NAP-IN!

Lie down and be counted in support
of making a mini-siesta a normal part of our day

TUESDAY JUNE 28th 1 – 2 pm

Have your lunch, join us for a warm winter nap and return to work rejuvenated
Transition Bellingin recognises the importance of practicing personal sustainability while promoting environmental and social sustainability. Napping is a renewable energy practice.. so let's get napping!

Where? Assemble at 12.45 on Corner of Hyde and Church Streets with your white pillows and other napping aids (eg blanket, eye mask, ear plugs) and progress to our local napping site. If sunny: Maam Gaduying If not: Bellingin Library.

Why attend the Nap-In?

You only need one reason:

- - Experience a delicious, drug-free cure for the afternoon slum
- - Practice 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.
- - Take a stand - albeit horizontal - against succumbing to an ever-increasing pace of life. You don't have to be 'on' all the time.
- - Throw down a peaceful challenge to models of relentless growth that lead to exhaustion of vital energy reserves – both human energy and the earth's energy. (And take the time to allow creative solutions emerge

- - Make history – this is Australia's first-ever and the world's 2nd Nap-In