

# Sara Klute Behn

Your Wise Year, Founder & Presenter



## **Biohack Your Sleep for Renewal & Longevity**

1. Discover Yoga Nidra, NSDR, and Constructive Rest to restore and support long-term wellbeing.
2. Calm your nervous system for deeper sleep, reduced stress, and greater energy & vitality.
3. Learn simple practices you can use anytime to unwind, replenish, and feel more balanced.

Sara coaches women overwhelmed with anxiety and burdened by excess weight (physical, mental, emotional). As a Certified Yoga Therapist, Board-Certified Master's Level Health and Wellness Coach, and Certified Lifestyle Medicine Professional, she is passionate about helping women discover their strengths and thrive in mind, body, and spirit. With extensive training in both traditional and integrative health practices, Sara offers personalized coaching that empowers clients to connect with their inner wisdom, align with their values, and reach their goals. She creates a nurturing, non-judgmental space where women feel safe, supported, and inspired to transform.

[www.YourWiseSelfWithSara.com](http://www.YourWiseSelfWithSara.com)

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