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Powerful love story in the park

Nick Hansen

SPOTTED: Two powerful owls getting cosy in Centennial Parklands, very cosy indeed.

The pair, one pictured above, arrived at the park in March last year and have been seen mating, to the delight of Birdlife Australia, volunteer birdwatchers and Centennial Parklands staff.

All are keen to see a powerful owl family prevail but are yet to hear the sound

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WE DID IT

IT was a celebration of a generation when people power declared victory after a long-awaited NSW Planning decision closed the door on the controversial redevelopment of Bronte RSL. But will the developers have another plan for the Macpherson St site? Full report p7

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SLUMBER PROFESSIONAL CAN HELP PUT YOUR MIND AT EASE



DO YOU ever find your mind racing at night so you can't switch off and sleep, even when you're exhausted? Have you tried all the usual tips but still can't get regular restful sleep?

Bondi sleep expert Elina Winnel (left) overcame chronic insomnia and wants to spread the word about the missing piece of the puzzle after World Sleep Day last Friday.

"I help people change their stress patterns and improve their brainwave flexibility. This is the ability to transition from a waking 'beta' brainwave state down to the sleep 'delta' brainwave state, so they can get to sleep quickly and easily," Elina said.

"It's something many people need to relearn how to do. Good sleep isn't just about what you do before

bed. It's dependent on your nervous system and ability to switch off the racing mind. We hear a lot about sleep hygiene but not much about brainwave flexibility," she said.

Elina grew up in Dover Heights with three brothers.

She learned to be an alpha personality in the workplace.

After completing her Bachelor of Commerce and

MBA she began a career in finance until a change in management caused stress that resulted in severe insomnia.

Elina exhausted the commonly recommended options, with no results: meditation, acupuncture, psychologists and relaxation techniques.

Elina studied an array of modalities including hypnotherapy, neurolinguistic

programming, coaching, sound therapy, cognitive re-patterning, and brainmapping with the highly regarded neuroscientist Dr Joe Dispenzer.

She finally found her sleep struggles disappeared.

The key was learning about brainwaves, which seemed to be the missing part of the puzzle.

To find out more visit MySleepCoach.com.au.