

Stephanie Lopez

iRest® Personal Practice Immersion (iPPI)

Friday, March 24 - Sunday, March 26, 2017

Friday 6:00 - 8:00 pm
 Saturday 8:30 am - 6:00 pm
 Sunday 9:00 am - 3:30 pm
 with 1.5 hour lunch break on Sat/Sun
 (15 contact hours)

\$295 by Friday, February 24, 2017; \$350
 thereafter

*Additional 4.5% transaction fee added
 for credit card payments.*



LEARN THE PRINCIPLES AND PRACTICE OF RESEARCH-BASED iRest® YOGA NIDRA

MEDITATION and experience the variety of ways it can be used on and off the mat. Research shows that iRest® meditation effectively reduces stress, insomnia, anxiety, depression, chronic pain and symptoms of post-traumatic stress disorder. In addition, the practice enables you to deeply calm your nervous system, integrate difficult emotions and thoughts, and awaken your essential nature.

Through experiential practice and dynamic dialogue:

- Learn the 10 Step iRest® Protocol to enhance your personal meditation practice
- Explore how to integrate the practices of iRest® into daily life
- Foster well-being and resiliency from stress & anxiety
- Experience Bodysensing in movement
- Practice Breathsensing for resiliency, increased energy and relaxation
- Learn to meet difficult emotions and beliefs skillfully in daily life
- Access an inner resource of wellbeing, ease, security and peace
- Awaken to your essential wholeness

This iPPI is open to everyone: yoga students and teachers, healthcare professionals and experienced iRest® practitioners. This iPPI qualifies as a "short retreat" requirement for those going through iRest® Teacher Certification.



STEPHANIE LOPEZ LISW-S, is the Director of Operations for the Integrative Restoration Institute, Senior iRest Trainer and Retreat Leader. Stephanie's teachings are informed by over two decades of immersion in the non-dual teachings of yoga as well as her integration of the wisdom traditions of both Eastern spirituality and Western Psychology. As a clinical social worker, Stephanie interweaves iRest® meditation and self-inquiry into her clinical practice. Stephanie's compassionate presence, depth of knowledge, and ease of being creates a welcoming space for insightful learning. She shares her insights in workshops, retreats, and trainings internationally.

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STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$295 by Friday, February 24, 2017;** _____ \$350 thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

Student Refunds will be limited as follow:

- For refund requests **at least one month prior** to the start of the event, students may request refund less 15%
- For refund requests **less than one month and more than 2 weeks** prior to the start of the event, students may request a 50% refund.
- No refunds or credits will be given **less than 2 weeks prior** to the first day of the event.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN®
YOUR SELF

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