

iRest® Yoga Nidra Level 1 Training

April 5-9, 2017



The Level 1 training for **iRest® Yoga Nidra** is designed to provide you with the basic principles, history, theory, practice, and delivery of iRest. The 5-day training will allow you to incorporate the simple 10-step iRest protocol into your personal life, professional teaching, or clinical practice. The protocol has been designed for use in various settings that include a personal practice, yoga environments, physical therapy, massage therapy, social work, clinical and medical settings, alternative or integrative medical practices, as well as in-job training and job resiliency programs. Developed over 30 years by Richard Miller, Ph.D., iRest Yoga Nidra meditation supports psychological, physical, and spiritual health, healing, and awakening.

Instructor: Karen Soltes, LCSW, C-IAYT, Certified iRest® Yoga Nidra teacher and senior trainer

Karen holds Masters degrees in both Clinical Social Work and Education and has worked in a variety of therapeutic and educational settings over the past 35 years. She served as the Director of the Therapeutic Yoga Program at Circle Yoga in Washington, DC and was on the faculty of the M.S. in Yoga Therapy at Maryland University of Integrative Health. Karen taught iRest at the Washington, DC VA Hospital as part of the

Integrated Health and Wellness Program for 8 years where she observed firsthand the benefits of iRest in alleviating the symptoms of PTSD, Substance Abuse, Anxiety, Depression, and Chronic Pain. In addition to her work at the VA, she is a founding partner of Warriors at Ease, whose mission is to train yoga and meditation teachers to work in military communities.

Wednesday, April 5	8:00 am – 6:15 pm
<i>(registration at 8:00 a.m.; class begins at 8:30 a.m.)</i>	
Thursday, April 6	8:30 am – 6:00 pm
Friday, April 7	8:30 am – 6:00 pm
Saturday, April 8	8:30 am – 6:00 pm
Sunday, April 9	8:30 am – 12:30 pm

Price: Early Bird Rate (by 2/1/2017): \$1,395.00
After 2/1/2017: \$1,495.00

CEUs: Approximately 30 CE hours will be available for YA, PSY, MFT, LCSW, RN

Maryland University of Integrative Health
7750 Montpelier Road, Laurel, Maryland

For more information: www.muhi.edu/irest-yoga-nidra-level-1-training