



Satchidananda Ashram

Yogaville



iRest® Personal Practice Immersion

May 18–21, 2017

Robin Carnes, E-RYT 500, MBA, C-IAYT

Foster a greater sense of freedom, synchronicity, authenticity, and creativity in your daily life through the principles and practice of iRest Yoga Nidra Meditation and experience the ways iRest can be used on and off the mat.

- Learn the ten steps of iRest
- Experience body sensing and breath-sensing
- Form an inner resource of well-being
- Learn to meet difficult emotions and beliefs skillfully
- Experiment with playful, improvisational movement, sound, and art activities to reflect on what opens up to you and in you



Prerequisites: This iPPI is open to everyone.

This iPPI qualifies as a “short retreat” requirement for those going through iRest Teacher Certification.

Continuing Education:

Approx. 16 training hrs

Tuition, text: \$350

Add 3 nights accommodation

Check-in: 4 pm and

check-out: 2 pm

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Located in central Virginia: 40 mi south of Charlottesville, 75 mi west of Richmond, 150 mi southwest of Washington, DC