

The Practice of Welcoming

iRest Personal Practice Immersion (iPPI)

with Nöle Giulini



*This iPPI qualifies as a
"short retreat" requirement
for those going through
iRest®Teacher Certification*



Integrative
Restoration
Institute

When we want this moment to be other than it is we experience stress and internal conflict: We separate from what is.

Healing occurs when we are no longer absorbed and tangled up in likes and dislikes. Attention bound in reaction is now available for change and transformation.

A change of perspective invites a feeling of radiant and joyful translucence in the body and brings about profound insights and Awakening.

Location: Madrona Mindbody Institute
310 Fort Worden Way, Port Townsend, WA 98368

Dates and schedule:

June 1, Thursday: 6:30 – 8:30 pm

June 2, Friday: 9 - 12 am; lunch at 12:30; 3 - 6 pm

June 3, Saturday: 9 - 12 am; lunch at 12:30; 3 - 6 pm

June 4, Sunday: 9 am – 12:30 noon

Investment in this workshop:

Earlybird \$295 until March 15, 2016; Regular \$350

Lunch package available.

To register, email: glemons@waypt.com

<http://www.MadronaMindBody.com/new-events/irest>



Nöle Giulini is an artist with a degree in Art and Art Therapy. She is also certified to teach Yoga by both Erich Schiffmann and Kripalu and has been teaching yoga for 27 years. She is a certified Senior iRest® Yoga Nidra teacher as well as a certified Senior iRest trainer who teaches workshops and retreats in the USA as well as in Germany.

Inspired by her life long work as an artist, as well as her own practice, Nöle developed a unique style that animates complex ancient teachings in a playful, practical, and deeply life changing way.

It is this gift- to live the coming together of the creative and the spiritual- that is the essence of her teaching. Together with her life partner Gary Lemons she owns and runs Tender Paws Yoga Studio in Port Townsend, Washington State.

www.tenderpawsyoga.com