

# LEVEL 1 iRest® YOGA NIDRA TRAINING



with **Senior iRest Trainer Anne Douglas**  
**JUNE 3-7, 2017 IN TORONTO, CANADA**

**iRest Yoga Nidra** is a transformative and healing practice of deep relaxation and meditation that supports psychological, physical and spiritual healing and awakening. Research has shown iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency. It has been integrated into yoga classes, wellness centers, schools, homeless shelters, hospitals, clinics and veteran settings. This integrative practice aids practitioners in recognizing the underlying peace that is always present through life's changing circumstances.

## **In this Level 1 training you will learn:**

- ❖ The core principles and practice of iRest meditation
- ❖ How to use iRest for your personal practice
- ❖ How to teach and deliver iRest simply and effectively in group and individual settings.

## **Following the Level 1 Training you will:**

- ❖ Join a global community that shares iRest in yoga studios, sleep clinics, rehabilitation and healthcare facilities, hospice, prisons, universities, schools, as well as in private practice.
- ❖ Be able to list yourself on the IRI website as a Level 1 Teacher in Training.
- ❖ Be able to access our "Teacher Resources" and our "Teachers Community Network" for further personal and professional support.
- ❖ Be recommended by IRI to people seeking iRest teachers in their local area.

## **Tuition** (Canadian Dollars)

**\$1,395 Early Bird: \$1,495 After May 1, 2017 (Including HST)**

(\*Includes a comprehensive manual and a Level 1 Training audio recording)

## **Location**

Hot Yoga Wellness Kennedy, 3241 Kennedy Rd., Unit 7, Toronto, ON, Canada

**CEUs:** Approximately 30 CE hours will be available for YA, PSY, MFT, LCSW, RN. Please check with your licensing board to confirm CEU approval.

## **FOR MORE INFORMATION & REGISTRATION**

<https://www.eventbrite.ca/e/level-1-irest-registration-tickets-29223100079>

Or contact Danielle Atkinson at 647-522-4850 or [danielle@hotyogawellness.com](mailto:danielle@hotyogawellness.com)



**Anne Douglas**  
iRest Senior Teacher Trainer  
iRest Certification Supervisor  
IRI Board of Directors  
IRI Director of Trainers  
Banff, AB, Canada

*For over 20 years, Anne has offered acclaimed yoga and meditation trainings, workshop and retreats. Her skillful facilitation, compassionate heart and gentle humor create inspiring ground for healing, learning and personal growth.*

To learn more about the Integrative Restoration Institute, please visit [www.irest.us](http://www.irest.us)