



iRest[®] Yoga Nidra Level 1 Training

with Senior iRest Trainer, Molly Birkholm
September 12-17, 2017

iRest is a proven approach to overcome trauma and promote well-being using meditation and deep relaxation techniques. This training will allow you to incorporate the simple 10-step iRest protocol into your personal life, professional teaching or clinical practice. It is dynamic, interactive and experiential.

Up to 32 hours CEUs available for YA, PSY, MFT, LCSW, RN and Yoga Alliance members.



**Integrative
Restoration
Institute**

LOCATION: Loyola University Retreat & Ecology Campus,
Woodstock, IL
100 acres of prairies, savannas, woodlands, wetlands, and ponds.

COST: Residential and commuter rates available.
Check website for details.

BOOK NOW AT: www.VeteransRestorativeProject.org