

BodySensing Immersion

with Senior Teachers:



Anne Douglas



Barbara Eastham



Kirsten Guest

Body Sensing is a somatic approach to meditation that uses the body to evoke a deep sense of wellbeing, nourish your connection with your authentic self and ultimately to the direct realization of your true nature.

Enjoy a weekend in the beauty Banff National Park with skilled teachers of Yoga and iRest® Yoga Nidra. Practices will include *BodySensing - Hatha Yoga, iRest Yoga Nidra* and discussion on how to embrace BodySensing and the deeper principles of iRest and nondual teachings into your personal practice, teaching and daily life.

Saturday and Sunday
September 23 & 24, 2017
10:00 – 5:00 (1.5 hr lunch) daily

Banff YWCA Great Room

102 Spray Ave

Banff, Alberta Canada

Registration Fee: \$285 CDN

Single or Double rooms available on site at the YWCA.

Call 403-762-3560 to book your room. Ask for the BodySensing Group Price!

Contact Kirsten Guest at kirsten@irest.us for further information and to register.

