

# iRest Immersion Weekend



**Stephanie  
Lopez**

Come join us for this iRest Yoga Nidra Immersion event where you will learn the principles and practice of iRest Yoga Nidra meditation and experience the variety of ways iRest can be used on and off the mat.



This iRest Immersion event is open to everyone; both experienced iRest practitioners and newcomers alike wishing to sample the fullness iRest has to offer for health, healing, and wholeness of being. This iRest Yoga Nidra Immersion fulfills the short retreat requirement of the iRest Certification Program. Through experiential practice and dynamic dialogue:

- *Learn the 10-Step iRest Protocol to enhance your personal meditation practice*
- *Explore how to integrate the practices of iRest into daily life*
- *Foster well-being and resiliency from stress & anxiety*
- *Experience BodySensing in movement*
- *Practice BreathSensing for resiliency, increased energy and relaxation*
- *Learn to skillfully meet difficult emotions and beliefs in daily life*
- *Access an inner resource of well-being, ease, security and peace*
- *Awaken to your essential wholeness*

**Friday - Sunday, May 18 - 20**

**\$350 or  
\$295 early bird by 4/6**

**Location:**  
770 Dolores Street  
San Francisco, CA 94110

**Website:** <http://www.integralyogasf.org>  
**Phone:** (415) 821-1117  
**Email:** [mail@integralyogasf.org](mailto:mail@integralyogasf.org)

**For more information and online registration, please visit our website!**