



iRest® Immersion

with Nöle Giulini

May 31 - June 3, 2018

During this Immersion you will:

- Discover the principles and practice of iRest Yoga Nidra meditation.
- Immerse yourself in the 10-step protocol to enhance your personal meditation practice.
- Foster well-being and resiliency from stress and anxiety.
- Experience BreathSensing and BodySensing.

Held at **Madrona MindBody Institute**

Fort Worden, Bldg. 310, Port Townsend, WA 98368
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To Learn More and Register,
email Glemons@waypt.com

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