

iRest[®] Immersion

with Nöle Giuliani

July 20 - 22, 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 the Center for Equity & Inclusion

5757 SW Macadam Ave., Portland, OR 97239
503-451-3003 • www.ceipdx.org

Learn more and register at:
www.irest.us/events

