

# iRest Yoga Nidra Meditation with Richard Miller PhD

**When:** Thursday September 13, 6:30-9pm

**Price:** \$50    **Register:** 303-860-9642

**Where:** Samadhi Golden Triangle

1070 Bannock Street, Denver

**Life blossoms** when we recognize, and live from our Essential Nature, which enables us to experience unshakable well-being, that is always whole, healthy, and complete — untouched by illness, conflict, or suffering — no matter our circumstance. While Essential Nature is always present within, it can remain unrecognized when attention is absorbed in habitual conditioned patterns of body, mind, emotions, beliefs, and health-related issues.

**Join Richard** as he shares the ancient practice of Yoga Nidra for easing stress, healing trauma, and awakening to your Essential Nature and its fundamental qualities of unbreakable and always present well-being, joy, love, and compassion. The path of Integrative Restoration (iRest) — a research-based adaptation of the practice of yoga nidra — is a comprehensive ten-step teaching that offers exquisite methodologies for revealing optimum health, healing, well-being, and awakening to our timeless Presence. Richard's presence creates a dynamic learning environment through interactive talks and experiential iRest® yoga nidra meditations. Learn:

- Health redefined.
- Four phases of awakening
- Ten components of iRest Yoga Nidra.
- Five pointers that reveal Essential nature.
- Direct and progressive teachings of yoga nidra.
- The role of attention, five senses, mind, and ego-I.



**Richard Miller, PhD** is a clinical psychologist, researcher, and spiritual teacher who has devoted his life to integrating western psychology and neuroscience with the wisdom teachings of Yoga. Founding president of the *iRest Institute*, co-founder of *The International Association of Yoga Therapists*, and past president of the *Institute for Spirituality and Psychology*, he is author of *Yoga Nidra*, *iRest Meditation*, and *The iRest Program for Healing PTSD*. Richard serves as a research consultant studying the meditation protocol he's developed — Integrative Restoration iRest Yoga Nidra Meditation — researching its efficacy on health and healing with diverse populations including veterans, women rescued from human trafficking, youth, the homeless, and the incarcerated with issues such as sleep, PTSD, pain and chemical dependency, as well as for enhancing unshakable resiliency and well-being. The US Army Surgeon General and Defense Centers of Excellence have recognized iRest as a Complimentary Integrative Program for healing chronic pain and PTSD. Richard leads international trainings and meditation retreats on the integration of enlightened living into daily life. [www.irest.org](http://www.irest.org).