

iRest Yoga Nidra Meditation Immersion

with Richard Miller, PhD

Naropa University: Boulder CO

September 14-16, 2018 Fri 7-9p, Sat 9-5p, Sun 9-4:30p

Workbook provided

This in-depth immersion presents the principles and practice of iRest Yoga Nidra Meditation, an ancient form of yogic meditation that has been adapted for modern times by Richard Miller, PhD over the past 48 years.

Accessible and effective, iRest has been proven through research to enhance wellness, resiliency, and well-being, while supporting healing across a broad range of issues, including PTSD, TBI, chronic pain, insomnia, stress, depression, and anxiety.



The iRest Program supports psychological, physical, and spiritual health by assisting practitioners to resolve issues and traumas by tapping into the innate source of unchanging well-being that resides within all of us. iRest has been endorsed by the US Army Surgeon General and Defense Centers of Excellence as a complementary and alternative medicine, and is currently being used in VA and DOD settings, as well as hospitals, clinics and private settings worldwide.



Incorporating wisdom from the ancient teachings of Samkhya, Patañjali's Yoga Sutra, Advaita Nondualism, and Kashmir Unqualified Nondualism, iRest offers *direct path teachings* for awakening to our Essential Nature that is always whole and healthy; that can never be harmed, and is never in need of healing. iRest also offers *progressive path teachings* for addressing what is in need of healing within the body and mind that give rise to dissatisfaction and suffering.

This immersion presents iRest through a combination of a lecture, group discussion, and guided meditations. Easily integrated into your personal life, everyone can benefit from iRest, no matter their philosophical, religious, or spiritual orientation.

You will learn practices that you can use on and off your mat for enhancing your existing meditation practices, as well as for integrating the principles into client-oriented settings with groups and individuals.

- Experience the ten steps of iRest Yoga Nidra Meditation
- Understand current research underlying iRest
- Utilize the power of 'opposites' to potentiate healing
- Experience pure Being/Awareness as the underlying source of healing
- Diffuse resistance, stress, pain, and insomnia through the power of 'Welcoming'
- Recognize Essential Nature as an ultimate inner resource of unbreakable well-being



Richard C. Miller, PhD, C-iRest, ERYT500 is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher who, for the past 45 years, has devoted his life and work to integrating the ancient nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism and modern Western psychology. Richard is the founding president of the *Integrative Restoration Institute*, co-founder of the *International Association of Yoga Therapists*, founding editor of the peer reviewed *International Journal of Yoga Therapy* and a founding member and past president of the *Institute for Spirituality and Psychology*. Author of *iRest Meditation: Restorative Practices for Health, Healing and Well Being*, *The iRest Program for Healing PTSD*, and *Yoga Nidra: The Meditative Heart of Yoga*, Richard serves as a consultant researching the meditation protocol he's developed, *Integrative Restoration - iRest*, researching its efficacy on health, healing and well-being with

diverse populations including active-duty soldiers, veterans, survivors of human trafficking, youth, seniors, the homeless, and the incarcerated; with issues including PTSD, traumatic brain injury, pain, sleep disorders, and chemical dependency. Richard leads iRest trainings and spiritual retreats internationally. www.irest.us.

iRest Resources by Richard Miller

iRest Meditation: Restorative Practices for Health, Resiliency and Well-Being Sounds True.

Yoga Nidra: The Meditative Heart of Yoga. Sounds True.

The iRest Program for Healing PTSD. New Harbinger.

The iRest Program of 42 Healing Meditations. irest.us/products/MP3/iRestforHealing.

