

The Yoga of Stillness in Action

with Richard Miller, PhD

Friday, September 14, 9-12pm, \$65

Samadhi Golden Triangle
1070 Bannock Street, Denver 80204
303-860-9642

True Yoga entails awakening to, and living as Awake Awareness — our primordial state of Being — in the midst of everyday life. Realizing and living from this state is the essential goal of all forms of yoga. Here, fixations of emotion and belief dissolve, and we live and relate from a profound stillness of unbreakable well-being, joy, and love in the midst of our everyday activities and relationships. Join Richard as he shares ancient approaches to awakening as primordial Being and Awareness, from the unqualified teachings of nondual Kashmir yoga.

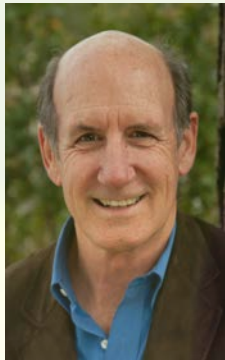
Richard's presentation interweaves experiential periods of BodySensing asana, BreathSensing prāṇāyāma, iRest® yoga nidra meditation, and interactive discussion, integrating the meditative teachings of Sāṃkhya, Patañjali, Advaita, and Kashmir Tantra.

This workshop will expose you to a tapestry of tools that can be interwoven into your daily life, practice, and teaching of yoga.

All Levels Welcome

Learning Objectives include:

- Applying the nondual Map of Meditation to the practices of yoga
- Being and Awareness as doorways to awakening
- Nondual Meditation in Breath, Movement, and Stillness



Richard C. Miller, PhD, is a clinical psychologist, author, researcher, yogic scholar, and spiritual teacher who has devoted his life to integrating western psychology and neuroscience with the ancient nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism. Richard is the founding president of the *iRest Institute*, co-founder of the *International Association of Yoga Therapists*, and past president and founding member of the *Institute for Spirituality and Psychology*.

Author of *iRest Meditation*, *The iRest Program for Healing PTSD*, and *Yoga Nidra*, 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 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.