

iRest® Level I Training

with Karen Soltes

September 21 - 26, 2018

During this Level I Training you will:

- Learn the basic principles, history, theory, practice and delivery of iRest.
- Incorporate the simple 10-step iRest Protocol into your personal life, professional teaching or clinical practice.
- Participate in group lectures and peer discussion groups
- Experience multiple group and one on-one practice sessions.

** Counts towards iRest Certification Program

Learn more at www.irest.us/events

Held at the Silverstone Amenity Center Banquet Room,
3405 E. Overland, Meridian, ID 83642

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