

# BodySensing Immersion

September 22 & 23, 2018

BANFF, ALBERTA

BodySensing is a unique approach to meditation that uses the body either in movement or stillness to rediscover our inherent sense of wellbeing and connection to our authentic self. These guided practices will support you to experience the fullness and freedom of all that you are. With origins in the yogic tradition of ancient Kashmir, it is as relevant today as it was in ancient times.

Enjoy a weekend with  
three senior teachers of  
Yoga and iRest® Yoga  
Nidra and take your  
practice to places you  
never expected.



ANNE DOUGLAS



BARBARA EASTHAM



KIRSTEN GUEST



## EACH DAY WILL INCLUDE:

- BodySensing Hatha Yoga
- iRest® Yoga Nidra
- How to integrate these nondual teachings into your personal practice, teaching and daily life

*All levels of experience and physical ability are welcome.*

## WHEN

SATURDAY, SUNDAY

SEPT. 22 & 23 | Daily 10am – 5pm | 1.5 hour lunch break

## WHERE

BANFF ROCKY MOUNTAIN YWCA

To reserve a room, call: 403.762.3560

Single or Double rooms available on site

View at [ywcabanff.ca/hotel](http://ywcabanff.ca/hotel)

*Ask for the  
"BodySensing"  
group price.*

## REGISTRATION FEE

**\$285** CDN

Contact **Kirsten Guest** at [kirsten@irest.us](mailto:kirsten@irest.us) for further information or to register.