



Integrative Restoration Institute

IRI is excited to offer this membership program to support the personal growth and professional success of iRest teachers as well as to nurture and connect our growing community.

The following resources are offered to support your personal and professional development as an iRest Yoga Nidra teacher:

Online Community - Facebook Group

- Join the conversation on our TCN Facebook page.
- Moderated by Senior Teachers and Staff.
- Encourages real time support and discussion related to practicing and delivering iRest.

Certified Teachers Resources

- Certified Teacher Webinars.
- Certified Teacher Town Hall Teleconferences with Richard Miller and Senior Teachers.
- Most Recent Level I Training Manual.
- Most Recent Level I Training Audio Downloads.

Level II Resources

- Level I & II Teacher Webinars.
- Teleconferences with Richard Miller and Senior Teachers.
- Most Recent Level I & II Training Manual.
- Most Recent Level I & II Training Audio Downloads.

Level I Resources

- Level I & II Teacher Webinars.
- Teleconferences with Richard Miller and Senior Teachers.
- Most Recent Level I Training Manual.
- Most Recent Level I Training Audio Downloads.

Available to All TCN Members

- 20% Off IRI Online Store Discount.
- Advanced notice of upcoming events and workshops.
- Personal Practice Audio Downloads; e.g., Pranayama, Body Sensing. Updated throughout the year.
- Essential Elements - Tools for Teaching. Teaching applications, practical advice and insight from Senior Teachers including feature stories and case studies of successes and challenges for teachers within our community. New articles offered every other month.



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