

# iRest

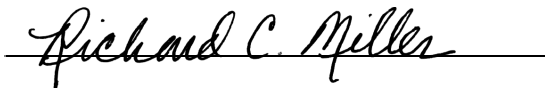
Institute

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*successfully completed 29.5 CE hours of*

## *iRest<sup>®</sup> Yoga Nidra Retreat*

*on the Twentieth day of October, Two Thousand and Twenty-One.*



Richard C. Miller, PhD  
Founder and President  
C-IAYT, ERYT500, YACEP