



Participants, we're delighted to have hosted you for our October 26-29, 2021 iRest Level 2 Training. We've assembled the following set of resources to support you in a deeper exploration of the themes and subjects we covered during the event.

We hope you'll find the helpful guides and references useful, and look forward to seeing you again soon!

***James & Stephanie, and the iRest Team***

## **Estuary**

from *Go In and In: Poems From the Heart of Yoga* by Danna Faulds

There is a peace here, where the river  
Widens to meet the sea. The rapids  
are past; the boulders and rocky  
places at last give way to a broad  
and sweeping current, flowing  
slowly in to vastness. The river  
moves silently, tastes the salty tide  
that marks its demise, and slips  
without a backward glance, into  
the ocean's infinite embrace.

## **Article**

[Cognitive science backs up the ancient Indian philosophy that we're conscious even in deep sleep](#)