

# Breathing for Life

The principles, foundations, and practice of prāṇāyāma

## 2022 Breathing For Life Participant Resources Page Access Instructions

Welcome to the gateway for accessing the Participant Resources Page for the 2022 Breathing for Life year-long workshop with Richard Miller!

This new page will allow you to stay engaged between workshop sessions by checking for announcements and updates, accessing workshop materials whenever you need them, reviewing the recordings of each session (available through January 31, 2023), and most importantly, utilizing the two discussion forums we will have available to ask questions directly to Richard and post any comments and discussion topics.

This is THE place to stay engaged throughout the year, and we're so excited to be able to offer this new resource page!

### Instructions

1. Navigate to this page in your browser:  
<https://www.irest.org/catalog/product/2022-breathing-life-participant-resources-page-access>
2. Click the button "Add to Cart" below.
3. Navigate to the top right of your browser and click on "Shopping cart."
4. You will see one "\$0.00" product in your list of ordered items.
5. Click on "Checkout."
6. If you are not logged in or haven't yet set up an account with iRest.org, you will be asked to either log in as a "Returning Customer" or create an account as a "New Customer."
7. You will be taken to a page where you will see "Billing Information" — disregard that section and click on "Continue to review."
8. You will once again see a list of items ordered, which should only include the zero dollar product "2022 Breathing For Life Participant Resources Page" unless you indeed planned to purchase a different product from our website.
9. Click on "Complete checkout."
10. You will be taken to a page that shows "Success!" and instructions to click on "My Account" (top right of your browser page) and then "My Products."
11. After navigating as described above to "My Products," you should see the product "2022 Breathing For Life Participant Resources Page."
12. Click on that product and you will be taken to the Participant Resources Page.
13. You may wish to bookmark this page for ease of access at a later date, though you will always need to be logged into iRest.org in order to access it.

If you have any trouble, you may always reach out to [info@irest.org](mailto:info@irest.org) for website inquiries.