

WHAT MILITARY SERVICE MEMBERS AND VETERANS SAY ABOUT iREST

iRest has been very useful for my everyday life as it brings me a mental, physical, and spiritual calmness that I need in order to live the fast paced chaotic life that is the U.S. Army. When I practice iRest, I notice that I have a sharper mental clarity and am able to relax faster to relieve both the mental and physical stress I'm under."

"I have been doing this iRest for about 3 years and I have gotten to the point now that I don't have to take any medication for my blood pressure. And I don't take anything for sleeping, so it has made a big improvement."

"iRest calms my soul. I sit here, close my eyes and just breathe, relax all my muscles and let go of my stress. iRest gives me a break from life, a moment of peace to gain a little more understanding to remember who I am inside. The more I do it the more I see that my life changes for the better."

"I truly believe that iRest helps to save my life everyday. It has given me the hope and strength I needed to reconnect myself to the world again."

"Instead of feeling like there is something wrong with us, meditation makes us feel like there is something right with us."



"True healing begins when we experience unchanging resiliency within ourselves, whether we're 'here or there'." - Richard Miller

Stress is like an iceberg. We see 1/8th of it above the surface, but what about what's below? **What do we experience?** Fatigue? Insomnia? Digestive issues? **What do others see?** Overspending? Overindulging? Escaping? **What's below the surface?** Anger? Pain? Anxiety? Disconnection?

When our minds and bodies are under constant attack from stress hormones, it wreaks havoc on our health, consuming valuable energy to just manage life and meet expectations. When we operate in survival mode, we can develop unhealthy ways of coping.

iRest Meditation can help you become more at ease being "Here"....Now.



Bringing the practice and teachings of iRest Meditation to Military Service Members and Veterans everywhere....

" The more access we have to our body and what we are sensing, the more information we have to make clear decisions. "

- RICHARD MILLER

Founder of iRest

CONTACT US

iRest Institute
1299 4th Street, Suite 505
San Rafael, CA 94901
(415) 456-3909
<https://www.iRest.org>
info@iRest.org

iRest Institute is a 501(c)(3) educational non-profit dedicated to helping people resolve their suffering and experience deep healing and peace.

iRest

**Life can be hard.
iRest can help.**

MISSION STATEMENT

Our MISSION is to help people resolve their pain and suffering, and experience deep healing and peace.

ABOUT iREST

iRest is a simple form of meditation designed for modern day living. Everyone needs a way to feel at ease when life gets challenging. iRest helps you tap into a place that is calm - even when life is not.

As we engage in iRest meditation, we observe and welcome the changing movements of consciousness: sensations, breath, energy, feelings, emotions, thoughts, joy, being, and awareness. As we welcome everything that is changing, we connect with what is unchanging deep within ourselves: a spacious sense of balance, and enduring resiliency.

The origins of iRest are deeply tied to the service and support of military service members and veterans. As early as 2006, the U.S. Department of Defense conducted research at Walter Reed Army Medical Center on the efficacy of iRest, an adapted form of Yoga Nidra developed by Richard Miller, PhD, to help service members returning from the Global War on Terror better manage symptoms of post-traumatic stress. Since this hallmark study, numerous service members, their families, and veterans have benefited from the practice of iRest. iRest Meditation has historically been endorsed by the U.S. Army Surgeon General and recognized by the Defense Centers of Excellence For Psychological Health & Traumatic Brain Injury as a form of complementary and alternative medicine.

WHY IS IT EFFECTIVE?

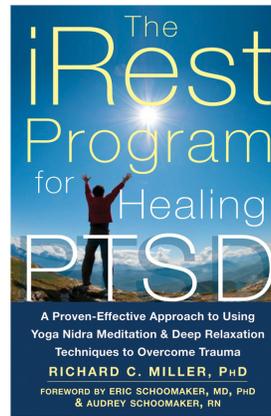
- Focus on physical, psychological and spiritual health, healing, resilience, and well-being of the whole person
- A simple self-paced program delivered in either group or individual settings
- Participants are empowered to regulate their own nervous system and maintain their own health
- Combines Eastern and Western practices into a practical and secular program for healing

WHERE IS iREST INTEGRATED WITHIN MILITARY AND VETERAN COMMUNITIES

iRest is currently being taught and shared in several military and veteran settings, such as through the Veteran's Health Administration's Whole Health Program, community based Vet Centers, Deployment and Reintegration Yellow Ribbon Programs, military medical treatment facilities, private studios offering programs for military and veterans, as part of varied programs on U.S. military installations, and within foreign defense services such as the Australian Defence Force, and Canadian and British Armed Forces.

GET THE BOOK

A wise, clear, and beautifully-written description of a unique program that helps to heal the symptoms of post-traumatic stress while restoring your ability to live a happy, peaceful, and meaningful life.



TRY A FREE iREST MEDITATION

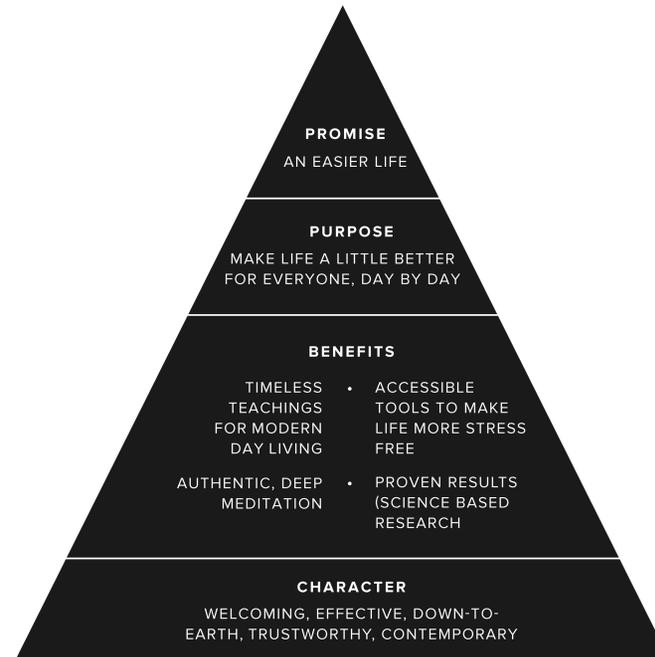
Visit our website and try one of our FREE meditations!

<https://www.irest.org/try-irest-now>

FIND A TEACHER

Visit our website and search our community to find an iRest teacher near you: <https://www.irest.org/teachers>

HOW iREST CAN HELP MAKE LIFE A LITTLE BETTER FOR EVERYONE, DAY BY DAY



WHAT RESEARCH HAS BEEN DONE

Over 30 research studies have been completed utilizing iRest for healing post-traumatic stress, chronic pain, depression, anxiety, sleep issues, and for enhancing resilience and well-being. iRest is also being studied as a non-pharmacological alternative to drugs that are used to treat PTSD, anxiety, and sleep-related issues. Find more information and links to research studies on our website: <https://www.irest.org/irest-research>

Publications involving military and veteran populations include:

Sullivan, M., Lopez, S., Nault, D., Moonaz, S., & Miller, R. (2021). Yoga meditation for active duty military members with posts-traumatic stress disorder: Results and discussion of a landmark initial study. *The Journal of Alternative and Complementary Medicine*, 27(6), 522-524.

Nassif, T., Chapman, J., Sandbrink, F., Norris, D., Soltes, K., Reinhard, M., & Blackman, M. (2016). Mindfulness meditation and chronic pain management in Iraq and Afghanistan veterans with traumatic brain injury: A pilot study. *Military Behavioral Health*, 4(1), 82-89.

Stankovic, L. (2011). Transforming trauma: a qualitative feasibility study of integrative restoration (iRest) yoga Nidra on combat-related post-traumatic stress disorder. *International journal of yoga therapy*, 21(1), 23-37.

Nassif, T.H., Norris, D.O., Soltes, K.L., Blackman, M.R., Chapman, J.C., Sandbrink, F. (2014). Evaluating the Effectiveness of Mindfulness Meditation (iRest) for Chronic Musculoskeletal Pain in U.S. Veterans Using the Defense and Veterans Pain Rating Scale. Washington D.C. VA Medical Center (poster presentation).

Pence, P., Katz, L., Huffman, C., & Cojucar, G. (2014). Delivering integrative restoration-yoga nidra meditation (iRest®) to women with sexual trauma at a veteran's medical center: a pilot study. *International journal of yoga therapy*, 24(1), 53-62.

OTHER HELPFUL MEDITATION RESOURCES FOR MILITARY SERVICE MEMBERS AND VETERANS

- Warriors at Ease: <http://warriorsatease.org>
- Exalted Warrior Foundation: <https://www.exaltedwarrior.com>
- Warrior Wellness: <http://warriorwellnessprogram.org>
- Download the "Mindfulness Coach APP" and try some of the iRest meditations
- Visit the military/veteran page on our website: <https://www.irest.org/meditation-military-veterans>