

iRest® Yoga Nidra Meditation

4TH Street Yoga
1809 4th Street
Berkeley, CA \$35 till 2/27
& 4/23 2012 (\$45 after)

Sunday, March 4th &
Saturday, April 28th 2012
3:00 to 5:30 p.m.

Relax, Restore and Explore!

Yoga Nidra translates as "yogic sleep" and iRest Yoga Nidra is a modern adaption of this ancient yogic meditation practice.

Research has shown that iRest Yoga Nidra is highly effective in promoting deep relaxation; as well as supporting the healing process of anxiety, depression, insomnia, chronic pain and P.T.S.D. iRest Yoga Nidra is taught as a guided meditation either lying down or seated comfortably.



For registration please contact either Lorie at: lorax77starr@gmail.com or 4th Street Yoga www.4thstreetyoga.com (510) 845-YOGA

Lorie Starr is a Level III Certified iRest® Yoga Nidra teacher. She has taught iRest Yoga Nidra at a variety of locations throughout the Bay Area including; yoga studios, counseling centers, the San Francisco County Jail, the San Francisco VA, St. Vincent De Paul's Wellness Center and CIIS.