



# Kelly Boys

## Deep Rejuvenation: iRest Yoga Nidra Class

Tuesday, February 28<sup>th</sup> | Larkspur

Tuesday 6:30-7:45pm

Early \$20 | Day of \$25

If you love yoga and are interested in learning more about how to meditate like the ancient yogis, then this class is for you! iRest (guided savasana meditation) gives the ancient practice of Yoga Nidra a modern upgrade. It incorporates western psychological tools so that you can easily learn how to integrate meditation into your daily life. Come practice iRest ~ be inspired to take your yoga practice to the next level!

### iRest:

- allows your body and mind to deeply relax
- helps you get in touch with a sense of calmness and ease
- releases stress and tension
- is a form of meditative inquiry
- is helpful for people with trauma, stress, chronic pain or illness

“Radiance, joy, love of truth, and the true Spirit of Yoga are alive and well, shining brightly through Kelly Boys and the teachings she brings forward into the world. I highly recommend you spend time partaking in the inner joy you will uncover within yourself as you experience her classes.”

-Richard Miller

*Kelly Boys is certified hatha yoga and a certified iRest Yoga Nidra teacher, and is currently the Director of Operations for the Integrative Restoration Institute. She has taught iRest Yoga Nidra to US veterans, as well as to women in prisons, cancer survivors, and those with substance abuse addictions. She is currently teaching at the San Bruno jail for violent offenders who are veterans. Kelly began studying with Richard Miller, the founder of iRest, in 2007.*

**TO REGISTER VISIT [YOGAWORKS.COM](http://YOGAWORKS.COM) OR CALL 415.925.2440**

2207 Larkspur Landing Circle • Larkspur, CA 94964  
415.925.2440 • [yogaworks.com](http://yogaworks.com)

