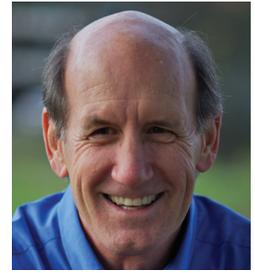


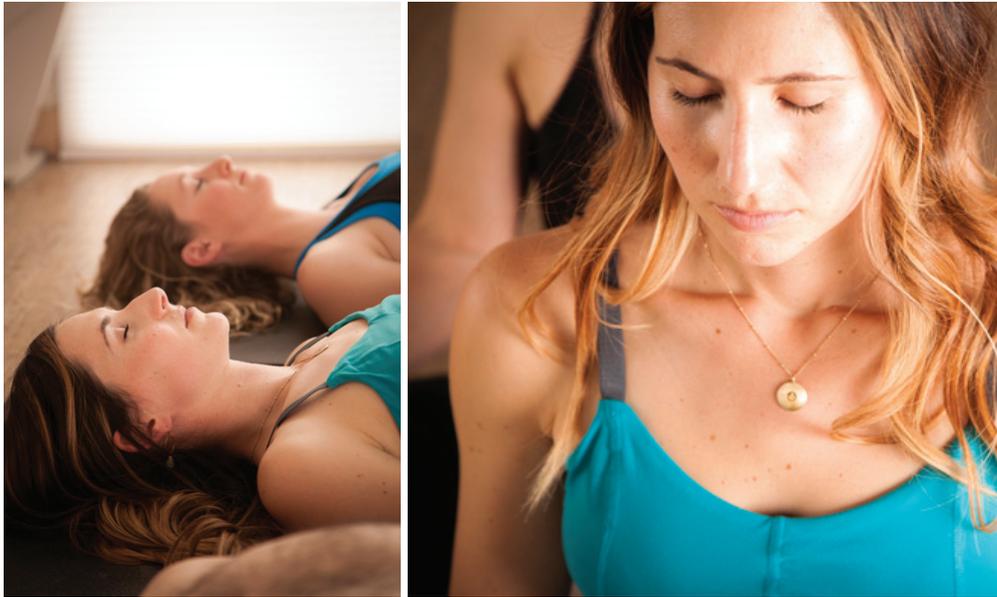
a weekend with master teacher

Richard Miller Ph.D



about richard miller

Richard C. Miller, PhD is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. He's devoted his life and work to integrating the wisdom teachings of Yoga, Tantra, Advaita, Taoism, Buddhism, and modern Western psychology. Richard is the founding president of the Integrative Restoration Institute, co-founder of the International Association of Yoga Therapy and founding editor of the professional Journal of IAYT. He was a founding member and past president of the Institute for Spirituality and Psychology, and serves as a senior advisor to the Baumann Foundation. He is author of *Yoga Nidra: The Meditative Heart of Yoga*. Richard serves as a research consultant studying the Integrative Restoration—iRest protocol that he's developed as a modern adaptation of the ancient meditation practice of Yoga Nidra. He is currently writing a book entitled, *The iRest Program for Healing PTSD* (New Harbinger, Fall 2014). Richard lectures and teaches internationally, leading iRest trainings and meditation retreats on enlightened living in daily life. **Please visit www.iRest.us**



iRest yoga nidra: your wholeness of being

Dates:

Friday May 16, 7:30-9pm

Saturday May 17, 12-3pm, 3:30-6:30pm

Integrative Restoration—iRest® is a modern-day mindfulness approach, a form of meditation derived from the ancient teachings of Yoga Nidra that leads practitioners toward psychological, physical and spiritual well-being, and a mastery of navigating daily life.

Join Richard as he leads you through the principles and practice of iRest Yoga Nidra, interweaving guided meditation with interactive presentations. You will learn the ten-stage process of iRest that you can easily integrate into your personal life, and, if you're a teacher or therapist, into your professional practice. Richard will also present research and neuroscience that reveals the power of iRest as an effective approach for discovering and living your interconnected wholeness with all of life.

discovering your interconnected wholeness

Date: Sunday, May 18, 12-2:30pm

Time: 12-2:30pm

When we separate from our innate ground of wholeness, five beliefs co-arise that make us feel that something is wrong in our life. When we properly understand these five beliefs, we are restored to psychological and spiritual wholeness—enlightenment. Come and experience the ancient meditative teachings of iRest Yoga Nidra that reveal your innate interconnectedness with all of life, wisdom that can easily be integrated into your existing practices, teachings, relationships and daily life.

iRest yoga nidra: your wholeness of being

Friday, May 16, 7:30-9pm & Saturday 17, 12-3 pm, 3:30-6:30 pm

\$135 for both days (Please attend the opening session on Friday night)

\$35 for Friday only

\$45 for Sunday May 18 only

\$165 for all three presentations

prana



yoga

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www.pranayogaslc.com

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