



the yoga of embodiment

Integrative Restoration - iRest Yoga Nidra with Richard Miller, PhD

Friday, January 22, 2010

7:30-9:30pm

\$35



About the Workshop

Integrative Restoration (iRest) is a modern adaptation of the ancient meditative process of Yoga Nidra. It is a transformative practice that can lead to lasting psychological, physical, and spiritual healing. Current research is showing the effect of iRest in healing stress-related disorders in US soldiers returning from combat deployment, veterans, the homeless, and other populations. iRest teaches you to embody a skill that you can use to experience an ease of being when encountering difficult situations and a sense of joy that pervades your everyday life. This workshop is appropriate for both beginners and advanced practitioners.

About the Teacher

Richard Miller, PhD is a clinical psychologist and contemporary teacher of Nondualism. Author of *Yoga Nidra: The Meditative Heart of Yoga*, he is the founding president of the Integrative Restoration Institute, founding board member of the Institute for Spirituality and Psychology, co-founder of The International Association of Yoga Therapy, and a board member of the Baumann Institute. Richard consults on research studying the healing impact of the iRest Yoga Nidra protocol. Richard leads meditation retreats and trainings throughout North America. Richard's teaching reflects the profound influence of his teachers, Jean Klein (nondualism), TKV Desikachar (yoga therapy), Stephen Chang, MD (Chinese medicine), and Laura Cummings (existential phenomenology).