



# Integrative Restoration iRest® Yoga Nidra Program Series

Based on the ancient teachings of meditation, iRest is an evidence-based transformative practice that leads to psychological, physical, and spiritual healing and well-being.

Its practice is integrative as it heals the various unresolved issues and traumas that are present in your body and mind, and restorative as it enables you to recognize your innate peace of mind that is always present amidst all changing circumstances of life.

iRest provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with greater mastery and control in your life.

iRest nourishes noble qualities such as joy, peacefulness, empathy, forgiveness, patience and loving-kindness toward yourself and others. People who practice iRest report:

- Reduced depression, fear and anxiety
- Reduced insomnia and levels of stress
- Reduced chronic and acute pain
- Greater ability to relax and enjoy life
- Improved interpersonal relations
- Increased inner peace and well-being

iRest is an evidence-based, mind-body approach that is the result of thirty years of observation, research and hands-on development by Dr. Richard Miller and associates. Please visit [www.irest.us](http://www.irest.us) for more information.



*Join Jeffrey Sargent, M.S. Yoga Therapy ('17), iRest Level 1 Teacher in Training, for this 8 week iRest Program Series.  
Location: Sattvic Space Healing and Arts Studio, 1308 Airline Blvd, Portsmouth, VA  
Cost: \$99 for the whole series or \$15 Drop in rate  
Dates: Wednesday evenings 7:30-8:30pm beginning 17 May 2017*