

# Integrative Restoration



# iRest Yoga Nidra



iRest Yoga Nidra is a 10 stage modern adaption of Yoga Nidra developed by psychologist Richard Miller. iRest promotes deep restoration as you are guided through various experiences. You are asked to rest at ease while observing and welcoming sensations, breath, feelings, emotions, beliefs, images and memories that naturally arise. This restorative evidence based practice enables skills to aid in bringing peace of mind and a feeling of wellbeing amidst all of the ever-changing circumstances of life.

iRest is an effective, researched based program to reduce symptoms of PTSD, anxiety, depression, chronic pain and in chemical dependency recovery. It is a deeply healing practice for relaxation and nervous system repair.

For more information about iRest and the significant research in the efficiency of the practice visit [www.irest.us](http://www.irest.us)



with Rachel Hanrahan

## April 17 ~ June 5

### Tuesdays 5.15 - 6.15pm

New 8 week course @

**Kundalini House**

**Includes detailed notes and weekly recordings of each practice for home use.**

To book visit [kundalinihouse.com.au](http://kundalinihouse.com.au)

***“Most people are trying to change themselves, yoga nidra asks them to welcome themselves. That moment of true welcoming is where the profound transformation takes place” Richard Miller***

## Contact

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