

# Integrative Restoration iRest® Yoga Nidra *Source of Well-Being - One Day Workshop*

28 February, 2014 - Sydney, NSW, Australia



*When you come to innocent,  
unconditional listening,  
your body spontaneously  
goes into deep peace.*

- Jean Klein



**What is iRest® Yoga Nidra?** An evidence based ancient transformative practice of deep relaxation and meditative inquiry that releases negative emotions and thought patterns, calms the nervous system, and develops an inner sanctuary of well-being and equanimity that underlies all circumstance you may encounter in your life.

Research has shown iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency, as well as increases well-being. iRest Essentially teaches you how to live a contented life, free of conflict, anxiety, fear and suffering by opening your mind and body to their inherent ground of health and wholeness. This particular approach to yoga nidra was developed by Richard Miller, PhD.

This workshop is suitable for both beginners and advanced practitioners.

*For further information on iRest please visit [www.irest.us](http://www.irest.us)*

## WHO are the teachers?

This workshop is conducted by teachers below.

[Jennifer Cabanero](#) has been teaching and managing The Yoga Tree in Seattle, USA since 1998. In her own life, Jennifer uses iRest as an everyday, moment to moment way of nurturing herself as she helps to support her husband who lives with cancer. Being able to share these life changing teachings with others is one of her greatest pleasures.

[Stephanie Lopez](#) has been studying yoga for nearly 20 years and teaching yoga and meditation for over a decade. She holds a masters degree in Clinical Social Work and is a Gestalt therapist who interweaves iRest and self-inquiry into her clinical practice in Ohio, USA. She is a senior iRest Trainer.

[Fuyuko Toyota](#) has been intensely committed to the Science of Yoga since 1996 and studying with Richard Miller since 2007. She lives and teaches at her yoga studio *Prema Yoga Studio* on the Gold Coast and is the first certified iRest teacher in Australia.

## Schedule:

**28 Feb 2014 (Fri) 10am - 5 pm**

*Registration begins at 9:30 am*

## Location:

The Center, 14 Frances St.,  
Randwick, NSW, Australia

## Cost:

**Early Bird \$145.00** if paid by  
28/1/2014

Regular Price \$160.00

## Booking & Inquiry

**Zara Matthews 0409 233 778**

[zara@yogapresence.com.au](mailto:zara@yogapresence.com.au)

[www.zaramatthews.com.au](http://www.zaramatthews.com.au)

*Expecting to fill up quickly. Secure your spot soon! See attached Booking form and banking information.*

# Source of Well-Being

---

## *An Introduction to iRest® Yoga Nidra*

### **What is Integrative Restoration – iRest?**

iRest is a transformative practice derived from the ancient teachings of tantric yoga that leads to psychological, physical, and spiritual health and well-being. Experience first-hand this ancient tool for health, healing and awakening that you can integrate into your existing yoga practices, teachings, relationships, and daily life.

### **Why should you attend...**

You will experience firsthand and learn the fundamentals of iRest®: several lectures and experiential guided practices to allow you to steep in this unique teaching and transformative approach.

### **What is offered at the workshop...**

- ❖ Introduction to 10 steps of iRest Yoga Nidra,
- ❖ Introduction to the three phases of iRest Yoga Nidra: Constructive, Deconstructive, and Integrative
- ❖ Creating own three parts of Sankalpa (Intention),
- ❖ Body-sensing\*^ with movement (see below),
- ❖ Guided meditative practices that reveal the Ground of Being: the source of well-being and interconnectedness with all of life.

\*^Body sensing is a restoration of the senses to their natural functioning, practicing iRest yoga nidra with movement. We usually relate to the body as a memory, but with body-sensing we come to the firsthand experience of our body as pure, dynamic vibration

“iRest for me is not only something to be practiced. It is like an upgrading of the software in helping me to be more at home with myself at all levels of being.” - Leigh Blashki, President of Yoga Australia.

“iRest is a profound tool which can enhance any therapy. My hope is that anyone struggling with his or her own life challenges, or searching for deeper meaning to life, will have the same opportunity to experience this life-giving practice as I have.” - Michael, Cancer Survivor “

---

## **Workshop Information**

- ❖ **Date:** 28 February, 2014 (Friday)
- ❖ **Where:** The Centre at 14 Frances Street, Randwick, NSW, Australia ( [www.thecentre.com.au](http://www.thecentre.com.au) )
- ❖ **Registration at 9:30 am, Workshop: 10:00 am - 5:00 pm (90 min lunch break)**
- ❖ **Bring:** your own yoga mat, blanket, pillow, eye-pillow, bolster, cushions etc whatever you need to support your own comfort for practice. Writing pad & pen. Lunch is not included. Please bring or there are eateries nearby.
- ❖ **Early Bird price**\$145.00 per person if paid in full by 28 Jan, 2014. After that date \$160.00 until sell out.
- ❖ **Cancellation Policy:** Refunds are available, less a \$50 fee before 10 Feb, 2014. No refund after that date.
- ❖ **To secure your spot email attached Booking form to [zara@yogapresence.com.au](mailto:zara@yogapresence.com.au) and pay your fee to:**  
host Zara's bank account: **Westpac Account Name: Zara Matthews, BSB 734-033, and Account No. 618643.**

## iRest Sydney Workshop Booking Form

Date: 28<sup>th</sup> February 2014

Time: 10 am – 5 pm      Location:      The Center, 14 Francis St, Randwick, NSW

Early Bird Fee:              \$145.00

After 29th January Fee      \$160.00

Send Booking form to: zara@yogapresence.com.au

NAME	
POSTAL ADDRESS	
EMAIL ADDRESS	
MOBILE PHONE	
WHERE DID YOU HEAR ABOUT THIS WORKSHOP?	
COMMENT	

### Payments made to:

**Account Name: Zara A Matthews**

**Bank: Westpac**

**BSB: 734 033**

**Account No: 618 643**

Please use your name for the reference when you transfer funds via Internet Banking. If banking at the branch please use your mobile phone number for reference.

***Cancellation Policy: Refunds are available, less a \$50 processing fee before 10 February, 2014. No refunds are available after that date.***