



Hosted by: Healing Pathways Medical Clinic

Instructed by: William and Shakti Huss

Owners of Ease of Being Yoga & Wellness Center

Introduction to iRest® (Integrative Restoration/Yoga Nidra)

Saturday Afternoons

1 PM to 4 PM

Starts February 5th, 2011

For 4 consecutive Saturdays

Cost \$200

This 12 hour course also includes an audio recording of each class.

Register online at

www.sacramentomedicalclinic.org

Or call Shenavian at 916-376-8416

Please register by 1/31 Due to the progressive nature of this program we ask that you make a commitment to attend all classes.

Course will be closed after 2/5/2011.

**Location: Healing Pathways
Medical Clinic
2101 Stone Blvd., Suite 240
West Sacramento, CA**

For more information and questions
call or email

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916-987-9935

Yoga Nidra is a meditative practice of deep relaxation and self-inquiry. iRest®, is a form of Yoga Nidra adapted for the western student by Richard Miller, PhD., clinical psychologist, author, and yogic scholar.

iRest® is practiced for many reasons such as inducing deep relaxation in both body and mind, eliminating stress, restful sleep, resolving trauma, reshaping relationships, neutralizing and overcoming anxiety, fear, depression and anger. It also provides a deep meditative background for inquiry into the mystery of life, answers to such questions as "Who am I?", "Why am I?", and "What is all of this?"

As we enter into deep relaxation, we uncover and access our natural intelligence and wisdom which reveals, with clarity, the appropriate action or non-action to take when addressing the issues, problems, and situations that occur in our daily life.

iRest® is an in-depth educational and experiential process that leads to profound changes in the mind and body as well as in our relationships. It reconnects us with our innate wisdom and intelligence prior to the conditioning that has led to destructive patterns.

iRest® is simple to learn and an easy practice that once learned is a tool that can be used throughout our entire lifetime.

This 12 hour course covers:

- **Body sensitivity training**
- **Breath and energy awareness**
- **Systematic desensitization to neutralize:
Negative body sensations and stress
Negative feelings and emotions, and
Negative beliefs, images and memories**
- **The experience of joy and well-being**
- **Freedom from the feeling of separation and suffering**
- **The ability to experience equanimity amidst the realization that everything in life is constantly changing, and**
- **The embodiment of pure awareness during every life circumstance.**