

iRest® Yoga Nidra Level I Training with Richard Miller, PhD



Prema Yoga Studio

March 7-12, 2013 in Australia

Prema Yoga Studio is proud to host Dr. Richard Miller for the very first iRest Yoga Nidra training in Australia, over 5 nights, 6 days at The Brahma Kumaris Centre in Frankston, Victoria, Australia.

Training Schedule:

March 7 (Thu): 5 pm–9 pm: Please arrive by 5 pm for registration.

March 8 (Fri)–March 11 (Mon): 8:30 am–6:30 pm

March 12 (Tue): 8:30 am–12 pm

Location:

Brahma Kumaris Centre

**83-99 Stotts Lane, Frankston South,
Victoria 3199, Australia**

Transportation:

The nearest airport for local and international travel is **Melbourne Tullamarine Airport**

Contact:

For more information or to register:

Fuyuko Sawamura-Toyota

email: fuyuko@premayoga.com.au

phone: 0755 279 269 mobile: 0402 019 843

(From overseas, Australia country code 61)

Continuing Education Credits:

***CPD**

This level 1 training provides 38 hours of full contact, 'core to yoga teaching' continuing professional development (CPD) which can contribute to [Yoga Australia](#) members' CPD requirements. It also provides 24 hours of full contact, 'core to yoga therapy' CPD which can contribute to [Australian Association of Yoga Therapists](#) members' CPD requirements.

****CE**

*The Spiritual Competency Resource Center (SCRC) is approved to sponsor continuing education by the 1) the American Psychological Association (PSY), 2) California Board of Behavioral Sciences LCSW & MFT), and 3) California Board of Registered Nursing (RN). SCRC maintains responsibility for the program and content.
www.spiritualcompetency.com*

What is iRest Yoga Nidra?

Rest® Yoga Nidra is 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. It is an adjunctive treatment that has been integrated into veteran settings, homeless shelters, clinics, and healing and meditation centers, where healthcare professionals are integrating iRest to facilitate their own and their clients' healing and wellbeing. 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 training is suitable for both beginners and advanced practitioners. Anticipate a dynamic learning environment that includes in-depth interactive dialogue and experiential sessions.

This particular approach to yoga nidra was developed by Dr. Richard Miller, PhD. Please visit the iRest website, www.irest.us for more information on his work and the research that supports his approach and documents its effectiveness.

About The iRest Yoga Nidra Level I Training:

This Level I training is designed to provide you with the basic principles, history, theory, practice and delivery of iRest. This will allow you to incorporate the simple 10-step iRest protocol into your personal life, professional teaching or clinical practice. The protocol has been designed for use in various settings that include a personal practice, yoga environments, physical therapy, massage therapy, social work, clinical and medical settings, alternative or integrative medical practices as well as in-job training and job resiliency programs. 38 CPD*/CE**

Tuition cost: Early bird →\$1,295.00 Australian Dollars

After 1 November 2012→ \$1,500 Australian Dollars

Tuition cost includes 300+ page manual and a Level I Training audio download.

(Proceeds after staff and training expenses help IRI (non-profit organisation) maintain and develop programs, research, web support, scholarships, and outreach projects)

Accommodation and meals cost: (all in Australian Dollars)

A. Single Room with all meals: \$900.00 per person

B. Double Room share with all meals: \$700.00 per person

Accommodation price includes a single or shared twin room with ensuite (bathroom and shower), use of the facilities and grounds, and vegetarian meals.

Commuters cost options: (nonresidential option)

C. All meals (from Thursday night to Tuesday): \$300 per person

D. Lunch only for 5 days (from Friday to Tuesday): \$100 per person

E. No meals (pay only tuition cost)

Please note the facility does not allow non-vegetarian meals/products to be brought in.

Total Cost:

	<u>Early Bird</u>	<u>After 1 Aug 2012</u>
A. Tuition + Single Room with all meals	\$2,195.00	\$2,400.00
B. Tuition + Double Room share with all meals	\$1,995.00	\$2,200.00
C. Tuition + 3 meals/day over 5 days	\$1,595.00	\$1,800.00
D. Tuition + Lunch only over 5 days	\$1,395.00	\$1,600.00
E. Tuition only (no meals provided)	\$1,295.00	\$1,500.00

Training will be limited to 50 participants. \$500.00 deposit will secure a place. For more information please contact Fuyuko Sawamura-Toyota at fuyuko@premayoga.com.au

Richard Miller, PhD is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 40 years, Richard Miller has devoted his life and work to integrating the nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism and Buddhism with Western psychology. Among his mentors were Jean Klein, T.K.V. Desikachar and Stephen Chang.

Richard is the founding president and CEO of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapy and founding editor of the professional Journal of IAYT. He is also a founding member and past president of the Institute for Spirituality and Psychology and a senior advisor for the Baumann Foundation for the study of Awareness and its impact on well-being. Author of *Yoga Nidra: The Meditative Heart of Yoga*, Richard serves as a research consultant studying the iRest Yoga Nidra protocol that he has developed (Integrative Restoration ~ iRest, a modern adaptation of the ancient nondual meditation practice of Yoga Nidra) researching its efficacy on health, healing and well-being with diverse populations including active-duty soldiers, veterans, college students, children, seniors, the homeless, the incarcerated, and people experiencing issues such as sleep disorders, PTSD, chemical dependency, chronic pain, and related disorders.

Testimonial:

For years, our staff has searched for cost-effective approaches to support those who struggle with the challenges of homelessness, mental illness, trauma and chemical dependency recovery. Integrative Restoration (iRest) has been wonderfully successful in providing the support we've been seeking for our program participants. – John Records

Executive Director of COTS (Committee on the Shelterless)

