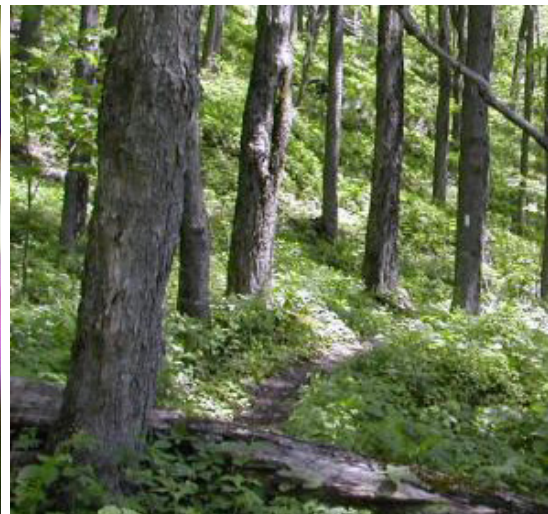


Integrative Restoration iRest® Yoga Nidra Level I Training with Richard Miller, PhD

7-12 March 2013 - Victoria, Australia



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. It is an adjunctive treatment that has been integrated into veteran settings, homeless shelters, clinics, and healing and meditation centers, where

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

healthcare professionals are integrating iRest to facilitate their own and their clients' healing and 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 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 Richard Miller, PhD. Please visit the iRest website, www.irest.us for more information on the work and the research that supports the approach and documents its effectiveness.



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.

Richard is the founding president and CEO of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapy (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.

Training Schedule

7 March (Thu): 5PM-9PM

Please arrive by 5PM for registration.

8-11 March (Fri-Mon): 8:30AM-6:30PM

12 March (Tue): 8:30AM-12PM

Location

Brahma Kumaris Center
83-99 Stotts Lane, Frankston South,
Victoria 3199, Australia

Transportation

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

Tuition cost*:

Early bird: \$1,340.00

After 1 October 2012: \$1,440.00

After 1 December 2012: \$1,540.00

\$500 deposit secures a place.

Tuition cost includes 300+ page manual and a Level I Training audio download. *(Proceeds after staff and training expenses help IRI, a non-profit organisation, maintain and develop programs, research, scholarships, administrative support, and outreach projects.)*

Accommodations and Meals*:

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.

Commuter Cost*: (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*:

	Early Bird	After 1 Oct 2012	After 1 Dec 2012
A. Tuition + Single Room with all meals	\$2,240.00	\$2,340.00	\$2,440.00
B. Tuition + Double Room share with all meals	\$2,040.00	\$2,140.00	\$2,240.00
C. Tuition + 3 meals/day over 5 days	\$1,640.00	\$1,940.00	\$1,840.00
D. Tuition + Lunch only over 5 days	\$1,440.00	\$1,540.00	\$1,640.00
E. Tuition only (no meals provided)	\$1,340.00	\$1,440.00	\$1,540.00

**All figures are noted in Australian Dollars.*

Training is limited to 50 participants. \$500 deposit secures a place.

Book your space at www.premayoga.com.au

Participants will receive some of the most valuable Yoga training available, and also enjoy a life transforming experience at the peaceful natural retreat setting of Brahma Kumaris Center for Spiritual Learning.

"iRest has added a tremendous amount of calm to my life. I use it to manage the daily pain caused by migraines and to find peace in the midst of stress and anxiety."

-Nicole, Working Parent

"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

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