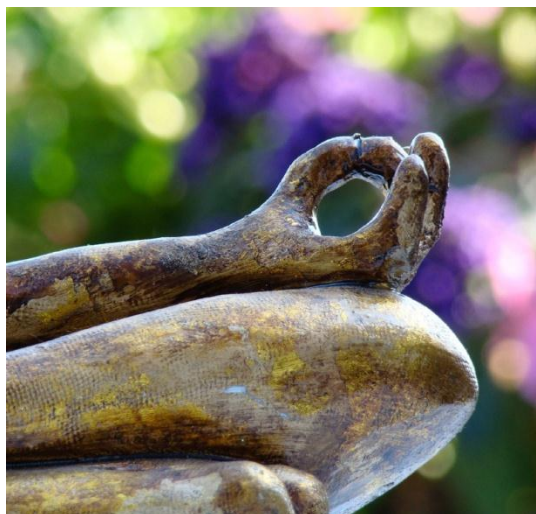


# Integrative Restoration iRest® Yoga Nidra

5 Day Level 1 Training with Stephanie Lopez

18-22 February 2014 Gold Coast, Qld, 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

*By popular demand, Prema Yoga Studio is proud to host another iRest Level 1 Training with very talented senior iRest trainer Stephanie Lopez. Book early at [www.premayoga.com.au](http://www.premayoga.com.au)*

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.*

*This particular approach to yoga nidra was developed by Richard Miller, PhD. Please visit the iRest website, [www.irest.us](http://www.irest.us) for more information on the work and the research that supports the approach and documents its effectiveness.*



Senior Trainer  
Stephanie Lopez

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 yoga nidra and self inquiry into her clinical practice. She also has a private practice devoted solely to iRest work, specializing in difficult emotions, beliefs, and developing an individual practice. Along with serving as an iRest Teacher Trainer and Supervisor she offers workshops and weekly classes. Stephanie's compassionate presence, depth of knowledge, and love of this work create a welcoming space for insightful learning.

## Training Schedule

18 February (Tue) 8:00 am-6:00 pm

Please arrive by 7:15am for registration

19-21 February (Wed-Fri) 8:00 am -6:00 pm

22 February (Sat) 9:00 am-12:30 pm (noon)

## Tuition Costs

Early bird \$1,495.00 if paid in full by 30 Nov, 2013. After 1 December, 2013: \$1,590.00

*Pay in full no later than 15 Jan, 2014.*

*\*All in Australian Dollars*

**Location:** [Albert Waterways Community Center at Cnr.](#) Hooker Blvd & Sunshine Blvd, Mermaid Waters, Qld, Australia.

## Tuition Costs

Early bird: \$1,495.00 if paid in full by 30 November, 2013.

Regular Cost: \$1,590.00 if paid after 1 December, 2013.

Full payment must be paid no later than 15 January, 2014.

\*No meals included. All in Australian Dollars.

### \$300 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.)

## Booking

Register online please visit [www.premayoga.com.au](http://www.premayoga.com.au)

Note: Level I is a prerequisite for Level II training, which will be coming November 2014.

## Accommodation

A variety of lodging options (apartments, condominiums, hotels, etc) are available, and some are within walking distance. Mantra Group - [www.mghotels.com.au](http://www.mghotels.com.au) - 10% Special Discount Coupon is available for **Peppers Broadbeach, Mantra Broadbeach on the Park, Mantra Sierra Grand and BreakFree Diamond Beach**. Please mention if you need the discount coupon in the comment space as you register the training.

You may find many other accommodation options see [More information link here.](#)

\*Note: The venue address is Mermaid Waters, however when you search lodging see near Broadbeach area.

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Stephanie Lopez teachings are informed by her longtime immersion in the nondual teachings of Yoga, as well as her rich and varied background and integration of the wisdom traditions of both Eastern spirituality and Western Psychology. Stephanie brings her warm and loving heart, intellectual fortitude, her longtime interest in self-inquiry, her deep ease of being, as well as her grounded presence to her teachings of iRest, and her group and individual work with people.

I wholeheartedly enjoy, and support Stephanie in the various roles she engages through the Integrative Restoration Institute (IRI) included her work as 1) a Certified iRest Teacher, 2) iRest Level I and II Trainer, and 3) Supervisor for our students partaking in IRI's Level III Certification process.

I feel deep gratitude for Stephanie's love of, and her easeful ability to bring these precious nondual teachings forward into the world. I hope you take advantage of sharing time with Stephanie in the upcoming 2014 Australia iRest Level I training.

Richard Miller

President, Integrative Restoration Institute

Developer of iRest Yoga Nidra

## PREMA YOGA STUDIO

2 Butterfly Court, Benowa,  
Queensland, Australia, 4217  
T: 0755-279-269 M: 0402-019-843  
E: [fuyuko@premayoga.com.au](mailto:fuyuko@premayoga.com.au)

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

"After 35+ years of yoga/meditation teaching it was a thrill to experience and learn more about this beautiful and effective approach to the traditional practice of Yoga Nidra. It is like an upgrading of the software of my life and has been instrumental in helping me to be more at home with myself at all levels of being."

- Leigh Blashki, Melbourne, President, Yoga Australia

"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. Workina Parent.