

Fuyuko Toyota is a gift to this world!

She is an exemplar of living an ethical, caring life, showering love, compassion and kindness on those she teaches and guides. Through her many years of immersion in the spiritual life, including a decade of sincere study of iRest from Dr. Richard Miller, Fuyuko displays an authenticity of both humanness and quiet, modest awakening, that touches her students, colleagues and friends (and I am honoured to be all of these).

Fuyuko's teaching of iRest at either retreat or teacher training shows how she has not only learnt and understood all the principles and practices of iRest and the non-dual teachings that support it, but has integrated these into her life through years of experience so that those she teaches, supervises or assists benefit from a balanced, knowledgeable and caring guidance.

If you have an opportunity to attend a retreat or training with Fuyuko – take it!

Leigh Blashki

Founder AIYT, past-president Yoga Australia, Certified iRest Teacher