

People report:

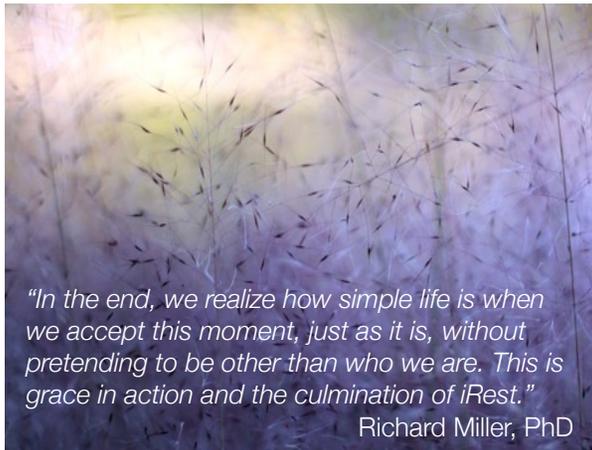
- Reduced depression, fear and anxiety
- Reduced insomnia and levels of stress
- Reduced chronic and acute pain
- Greater ability to relax and enjoy life
- Improved interpersonal relations
- Increased inner peace and well-being

Research shows: iRest Yoga Nidra to be a transformative practice of deep relaxation and meditative inquiry that:

- Releases negative emotions
- Releases negative thought patterns
- Decreased symptoms of PTSD
- Calms the nervous system
- Develops a deep capacity to meet any and all circumstances you may encounter in life

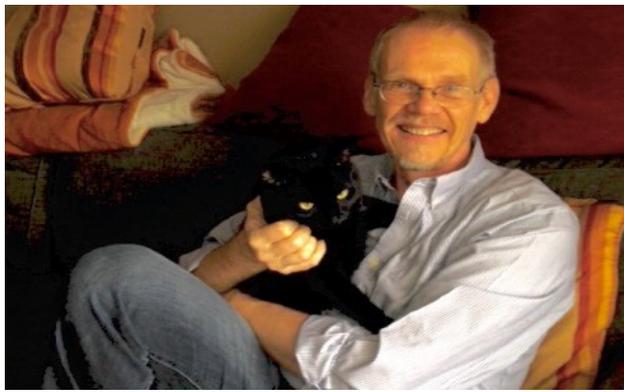
Participants say:

- *"I've found the part of me that was undamaged by the war"* (a U.S. Iraq veteran)
- *"It was in fact just what I wanted and needed. I feel I have tapped the surface and want so much more."*



"In the end, we realize how simple life is when we accept this moment, just as it is, without pretending to be other than who we are. This is grace in action and the culmination of iRest."

Richard Miller, PhD



About Philip: Philip has studied iRest with Richard Miller, PhD, since 2007 and is a Certified iRest Yoga Nidra meditation teacher. He has presented seminars and courses nationally and internationally and has assisted Dr. Miller at retreats and trainings. Philip has taught yoga and meditation for 14 years and produced 3 yoga books & CDs.

Services: Philip is available for iRest

- workshops
- courses
- interactive dyads
- personalized counselling

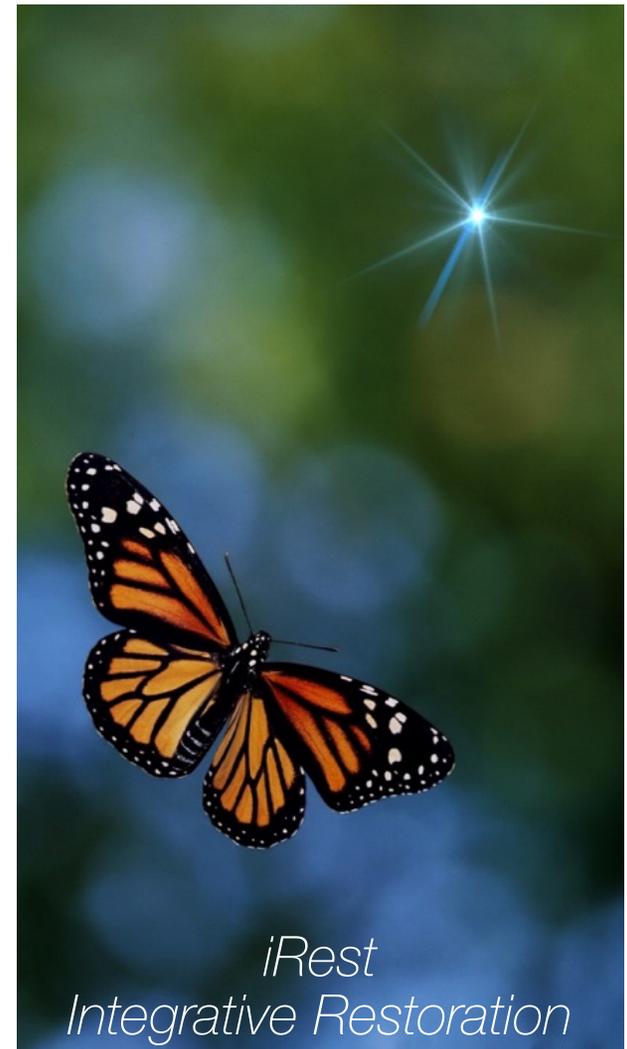
All sessions are confidential and the 1st session is free.

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www.DiscoverYogaNidra.ca

Location: Near Leslie and Eglinton on the 51 & 54 bus lines. Free parking available.



*Increase your
well-being &
enjoyment of life*



*iRest
Integrative Restoration*

iRest

Integrative Restoration

iRest is based on the ancient teachings of meditation. It is a research-supported, transformative practice that leads to psychological, physical, spiritual healing and well-being.



iRest is integrative as it heals the various unresolved issues and traumas that are present in your body and mind.

iRest is restorative as it enables you to recognize your innate peace of mind that is always present amidst all changing circumstances of life.

iRest nourishes noble qualities in you such as joy, peacefulness, empathy, forgiveness, patience and loving-kindness toward yourself and others.

iRest reveals how you can live a contented life, free of conflict and fear, by opening your mind and body to its inherent ground of health and well-being. Practicing iRest helps you resolve your pain and suffering by rediscovering your essential wholeness and inter-connectedness with all of life. From this place of discovery, trauma and difficult life situations are met with a deeply wise and compassionate response.

iRest provides tools to help you heal by relaxing deeply, releasing stress, increasing resiliency, improving your interpersonal relationships and providing you with greater mastery and control of your life.

One Desire: Dependable happiness.

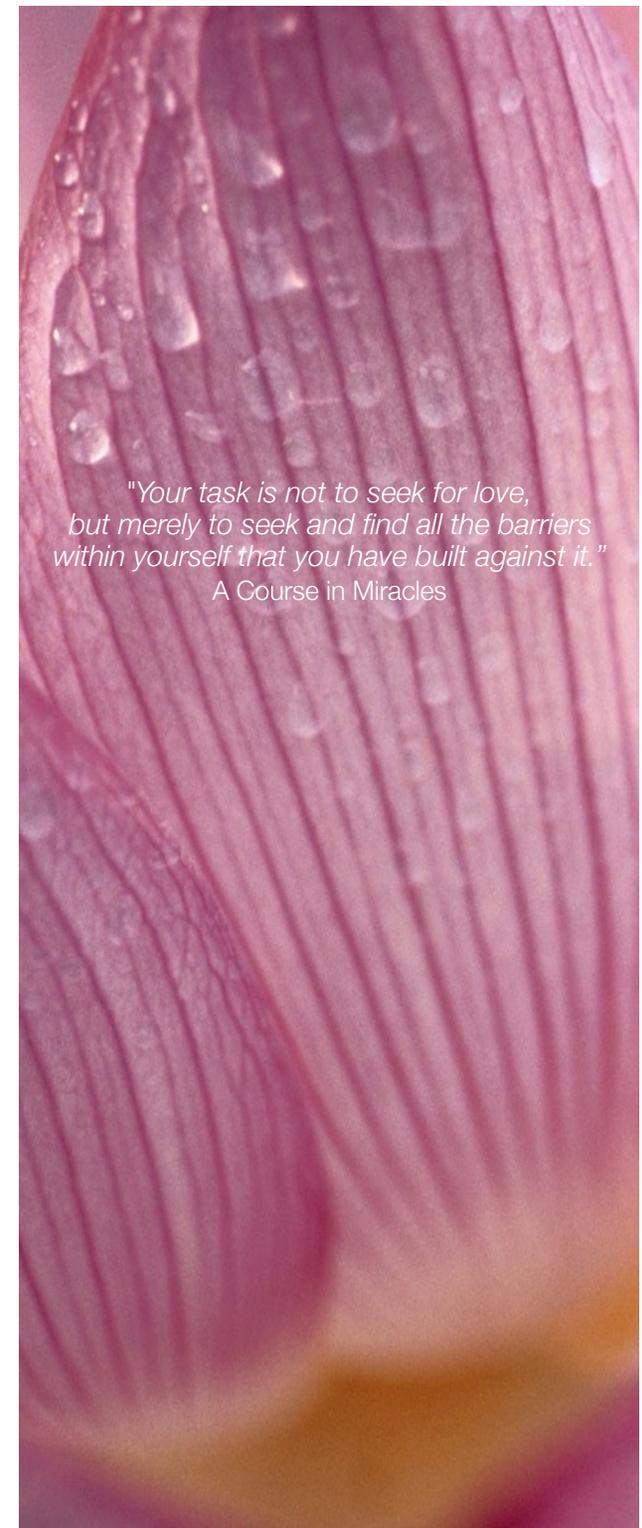
Your essential desire is for a consistent, reliable happiness. Everything else, money, relationships, and work are all sought to fulfill this innate desire.

One Problem: Nothing has worked.

Everything you've tried has failed to consistently and reliably bring you an abiding sense of peace, happiness, and well-being. The one problem is an underlying sense of separateness; from ourselves, each other, our world, and ultimately the Mystery of Life.

A Solution: Restoring Wholeness

through the Awareness of our Essential Nature. There are many paths to restoring wholeness; iRest is one of them. Embodying your Wholeness involves discovering this Awareness through your own direct experience. With practice you come to trust that which never changes and is completely reliable under all of life's circumstances.



*"Your task is not to seek for love,
but merely to seek and find all the barriers
within yourself that you have built against it."
A Course in Miracles*