6 weeks of iRest® Yoga Nidra - Yummm!

Guided meditations and teachings for deep relaxation & personal healing

Dates: Fridays Sep 23 - Oct 28
Time: 7:00 - 8:30 pm
Tuition: $160 (includes workbook and recordings of weekly talks and guided iRest meditations)

iRest® helps…
• Recover a deep sense of wellbeing
• Reduce pain
• Improve sleep
• Reduce anxiety & depression
• Easily learn the essentials of this innovative meditation practice
• Find a deep sense of equanimity

Philip Beck is a senior certified iRest Yoga Nidra teacher and has been studying directly with Dr. Richard Miller since 2009.

Questions?
www.DiscoverYogaNidra.ca
Ph: 647 - 738 - 4254
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Philip Beck has studied exclusively with Dr. Richard Miller, the developer of iRest® Yoga Nidra since 2007 and is a senior Certified iRest Yoga Nidra Teacher. He has taught with and assisted Dr. Miller in retreats and trainings and regularly attends the annual 10-day silent meditation retreats. Philip has presented workshops on iRest both nationally and internationally to diverse groups. Phillip is a passionate teacher that loves to share the power of iRest with others.

Week 1  Orientation & Body Sensing Why iRest Is Integrative & Restorative
• How You Benefit From iRest
• Discovering Your Own Vow
• How We Use Welcoming To Heal
• Why We Do Body Sensing: How Being Sensitive is a Good Thing
• Guided iRest Meditation: Body Sensing

Week 2  Breath & Energy
• What’s Your Inner Resource?
• Getting In Touch With Wellbeing
• Exploring The Witness
• A Secret Insight
• How To Use The Breath and Energy To Awaken
• Guided iRest Meditation: Body And Breath Sensing Practice

Week 3  Sensations & Opposites
• Using Sensation as a doorway to your True Nature
• Your Heartfelt Desire Keeps You on Track
• Your Intention - For Today
• How Cultivating The Opposites Can Develop Resiliency
• Guided iRest Meditation: Sensing The Body, Breath And Sensation. Integrating your Intention, heartfelt Desire and Intention Into Your Vow.
Week 4    Images & Opposites
• How To Use The Opposites To Cultivate Awakening
• 4 Ways Of Welcoming Sensations And Images For PTSD And Trauma
• Guided iRest Meditation: Body Sensing, Breath Sensing, Sensations And Images & Their Opposites. Integrating Your Vow Into Your Meditation.

Week 5    AnMK - Joy, Wellbeing
• The Secrets of Joy
• Integrating All Elements Into Your Meditation
• Guided iRest Meditation: An Integrated Practice

Week 6    REVIEW & next steps
• Integrating into Life
• From the Witness to Witnessing
• What is Your True Nature?
• Natural Qualities of Your True Nature
• The 1 Question That will Bring You Home
• Guided iRest Meditation: An Integrated Practice Enriched with Witnessing and True Nature

Coming Next: The Deeper Practices