

iRest® Yoga Nidra Level I Training

with Anne Douglas, Senior iRest® Trainer

May 1-6, 2018

Tuesday 7 - 9 pm

Wednesday to Saturday 8:30 am – 6 pm (1.5 hr lunch break)

Sunday 9 am – 12:30 pm

Cost:

\$1495 (April 1st early bird)

\$1595



This training is suitable for both personal and professional practitioners from beginners to advanced. Anticipate a dynamic learning environment that includes in-depth interactive dialogue and experiential sessions. 30 CE hours available for YA, PSY, MFT, LCSW, RN

iRest® Yoga Nidra is a transformative practice of deep relaxation and meditative inquiry.

Research has shown iRest® effectively reduces PTSD, depression, anxiety, chronic pain, chemical dependency, and insomnia.

It has been integrated into yoga classes, wellness centres, schools, veteran settings, homeless shelters, and hospitals and clinics.



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . yogafortoday.ca

