



iRest Personal Practice Immersion

WITH RICHARD MILLER, PH.D.
May 19– 21, 2017 • Garden Club of St. Petersburg

Learn how iRest Yoga Nidra Meditation can be used on and off the mat for developing or enhancing one's personal practice of yoga and meditation. An entire weekend allows plenty of time for a relaxed and in-depth learning environment for integrating Yoga Nidra into one's personal practice, as well as learning how one might integrate the various components into a teaching or healing environment.

Extended practice sessions are offered, exploring the principles and practice of iRest Yoga Nidra Meditation. These are sessions designed both for experienced practitioners as well as newcomers who wish to sample the fullness of what iRest has to offer. You'll experience firsthand the benefits of iRest for health, healing, resiliency and awakening to your interconnected wholeness with yourself and the world around you.

Dr. Miller will be presenting both a 10-step program (iRest), as well as the 38-Stage Map of Meditation, in which iRest is embedded, so you will come away with a truly in-depth understanding of meditation from a yogic perspective. **Each segment of the workshop builds on previous segments, so everyone needs to be present for the entire weekend.**

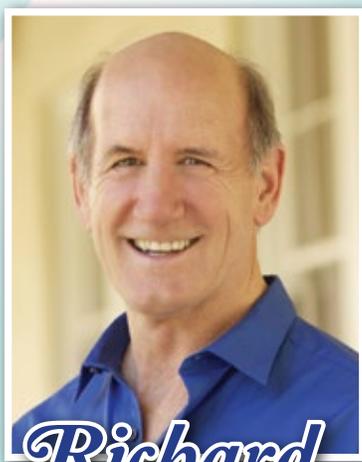
This workshop is for yoga teachers, health professionals, and lay practitioners wishing to learn or deepen their practice of meditation. It is offered in a secular format so that everyone can benefit, no matter their philosophical, religious or spiritual background.

We offer CEUs for professionals (Psychologists, Family Therapists, RN, LCSW) as well as 15 Hours Yoga Alliance CE. Attending this workshop meets the short retreat requirement for iRest Teacher Certification.

Friday, May 19 6:30 pm - 8:30 pm

Saturday, May 20 8:30 am - 6:00 pm (1.5 hour break for lunch)

Sunday, May 21 9:00 am - 3:30 pm (1.5 hour break for lunch)



*Richard
Miller*

Richard Miller, PhD has dedicated his life for the past 46 years to the prevention and alleviation of suffering and to helping people awaken to their essential nature of wholeness and well-being. Richard is the founding president of the Integrative Restoration Institute (www.iRest.us), cofounder of the International Association of Yoga Therapy, co-founding president of the Institute for Psychology and Spirituality,

and a senior adviser to the Baumann Foundation. Author of *iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being*, *Yoga Nidra: The Meditative Heart of Yoga*, and *The iRest Program for Healing PTSD*, Richard is regarded as a leader in the fields of nonduality, meditation, yoga therapy, and mental health. He is a respected author, scholar, researcher and speaker, and leads workshops, trainings, and retreats internationally. www.irest.us.

REGISTRATION: See reverse side or visit www.suncoastyoga.org

To prepare you for this workshop, Dr. Miller recommends his book: *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing* (Sounds True) or his 6 CD set: *iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being* (Sounds True). There are also a number of free MP3 recordings on his website, www.irest.us



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PAYMENTS & REGISTRATION

Early Bird Weekend Registration: \$275

Until February 1, 2017

Regular Weekend Registration: \$325

Teachers Trainees: \$275

SYTA Members may send a \$50 non-refundable deposit to hold your space for the entire weekend. Balance due May 1, 2017.

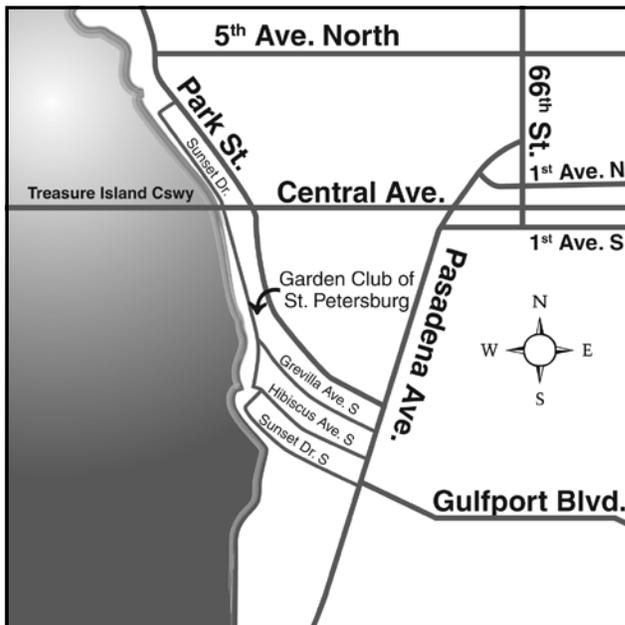
Mail Payments & Registration To: Or pay online with PayPal at www.suncoastyoga.org

Susan Wasserman
 7015 Grevilla Ave. South
 South Pasadena, FL 33707

Call Susan at (727) 347-7354
 with any questions.

Garden Club of St. Petersburg

500 Sunset Drive South
 St. Petersburg, FL 33707



ACCOMMODATIONS

For out of town guests (and locals who want a nice weekend away), SYTA recommends the lovely, newly renovated **Crystal Bay Hotel**, which is only a few blocks away from the Garden Club. They have offered our workshop participants a special rate for the weekend of the Richard Miller workshop. Go to www.crystalbayhotel.com for more information, and mention SYTA when you make your reservation.



SYTA REGISTRATION FORM

iRest Personal Practice Immersion

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number _____

E-Mail Address _____

I am signing up for:

Early Registration Teacher Trainee Registration

Regular Registration

Enclosed is a check payable to SYTA in the amount of

\$ _____

