

# The Practice of Welcoming: iRest® Personal Practice Immersion (iPPI) with Nöle Giulini



July 28-July 30, 2017  
at Turtles Yoga & Wellness

Early bird: \$295  
(\$350 after July 6)

For more information and to register,  
visit [turtlesyoga.com/workshops](http://turtlesyoga.com/workshops)

Come join us for this iRest® immersion where you will learn the principles and practice of iRest meditation and experience the variety of ways it can be used on and off the mat.

Learn to deeply calm the nervous system, integrate difficult thoughts and emotions, and offer a portal for awakening to essential nature. Research has shown that iRest meditation reduces stress, insomnia, anxiety, depression, chronic pain, and post-traumatic stress disorder, and enhances joy, equanimity and well-being in daily life.

This immersion is open to everyone. iRest meditation is an excellent personal practice and adjunctive practice for healthcare and healing professionals.

Through experiential practice and dynamic dialogue we'll explore:

- Inner Resource as the felt sense of safety, security and well-being (Sankalpa)
- Our deepest heart's desire or souls purpose (Sankalpa)
- BodySensing: experiencing and moving the body as space in space
- BreathSensing: calming and toning the nervous system
- Welcoming and engaging challenging emotions & beliefs
- Guided and self-guided/free-form iRest® Yoga Nidra meditations
- Self-Inquiry and Co-Meditation in dyads
- The neuroscience of meditation
- Awakening to our essential wholeness and True Nature

*When we want this moment to be other than it is we experience stress and internal conflict; we separate from what is. Healing occurs when we are no longer absorbed and tangled up in likes and dislikes. Attention bound in reaction is now available for change and transformation. A change in perspective invites a feeling of radiant and joyful translucence in the body and brings about profound insights and awakening.*

This immersion fulfills the short retreat requirement of the iRest Certification Program.