

NEW Class at the Westport Grange 181

iRest™ Meditation/yoga nidra

931 Main Road Westport

8 weeks of class Sundays January 14-March 3 2024 3:00-4:15pm

\$112

A meditation class that feels and looks like a nap

iREST IS

- a gift to Yourself
- helps cope with daily stress
- relaxing
- improves sleep
- decreases chronic pain
- supports listening to your inner wisdom
- nourishes your sense of Wholeness
- scientifically studied
- can be done lying down

iREST is NOT

- needing to quiet your mind
- needing to change
- needing experience
- needing to be flexible
- needing to be “healthy”
- needing to accomplish
- needing to fix anything
- needing to buy equipment
- needing to wear special clothes

iREST™ (or Integrative Restoration Yoga Nidra), is a scientifically studied meditation practice that the body perceives as deep relaxation. It has been shown to be helpful for PTSD, anxiety, depression, insomnia and other situations that undermine the quality of our lives. The practice of iREST allows us to heal through direct experience of our truest essence. Clients are lying down in a restful position throughout the experience while the instructor guides them through the experience.

What to Bring to Class: wear comfortable clothing. We will be lying on the floor, so bring something comfortable to lie on (I recommend some sort of a mat (yoga, exercise or camping) with a blanket or sleeping bag on top of it), bring a blanket to cover yourself with, and a pillow for your head. I recommend putting everything in a rolling suitcase for ease of transport.



About the instructor: Laura Marie, E-RYT500, has over 20 years of experience in the mind/body field. She has certifications as A Professional Level Kripalu Yoga Teacher, Integrative Therapeutic Yoga Teacher, Integrative Yoga Therapist, Level II iREST™ instructor.

Pre-registration/pre-payment is necessary. contact Laura Marie lauramariewellness@gmail.com or 978 251 1001 it is my sincere wish that anyone who wishes to attend class may regardless of financial situations. Sliding scale can be made available if you have the need, please just let me know.