

# REST YOGA NIDRA



**FIRST SUNDAY OF THE MONTH  
9:00 - 10:00 AM  
ON ZOOM**

Integrative Restoration (iRest) is a transformative practice to help you live a contented life free of conflict, anxiety, fear, and dissatisfaction. iRest helps you resolve your profound suffering and experience healing and peace.

iRest accomplishes its goal through two basic steps:

1. The recognition of an intrinsic sense of peace during all circumstances, and
2. The release of negative body sensations, emotions, beliefs, and stress that give rise to self-destructive patterns.

**REGISTRATION IS REQUIRED TO RECEIVE THE ZOOM LINK AT**

<https://hospiceslo.org/services/yoga>



All services are provided at no charge. Donations appreciated.

(805) 544-2266 | [www.hospiceslo.org](http://www.hospiceslo.org)

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