

iREST YOGA NIDRA



**FIRST SATURDAY OF THE MONTH
8:00 - 9:00 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>