



# Integrative Restoration iRest® Yoga Nidra

*Based on the ancient teachings of meditation, iRest is an evidence-based transformative practice that leads to psychological, physical, and spiritual healing and well-being.*

*Its practice is integrative as it heals the various unresolved issues and traumas that are present in your body and mind, and restorative as it enables you to recognize your innate peace of mind that is always present amidst all changing circumstances of life.*

*iRest provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with greater mastery and control in your life.*

*iRest nourishes noble qualities such as joy, peacefulness, empathy, forgiveness, patience and lovingkindness toward yourself and others, and supports you to resolve issues such as insomnia, anxiety, fear and depression.*

*Please visit [www.irest.us](http://www.irest.us) for more information.*

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