



IREST® YOGA NIDRA LEVEL 1 TRAINING

WITH KAREN SOLTES LCSW, RYT,
CERTIFIED IREST YOGA NIDRA TEACHER AND SENIOR TRAINER



This training will allow you to incorporate the simple 10-step iRest protocol into your personal life, professional teaching or clinical practice. Developed over 30 years by Richard Miller PhD, iRest Yoga Nidra meditation supports psychological, physical and spiritual health, healing and awakening.

iRest is an accessible meditation protocol that is integrative, as it heals unresolved issues and traumas, and restorative, as it aids practitioners in recognizing the underlying peace of mind that is always present amidst all changing circumstances in life. iRest has proven to effectively support the healing process across a broad range of populations, including those with PTSD, chronic pain, sleep issues, high stress, depression, and anxiety.

This training is suitable for both personal and professional practitioners. No experience necessary.

For more information and to register, please visit the Workshops & Retreats page at: www.yogaforwellnesspro.com or call 208-345-7113.

Training Includes: comprehensive manual and Level I Training audio download. Approximately 30 CE hours will be available for YA, PSY, MFT, LCSW, RN

FEB 21-26, 2017

Nazareth Retreat Center
4450 N. Five Mile Road
Boise, ID 83712

Early Bird Tuition: \$1,395
With meals and lodging:
Single \$1,768
Double \$1,668 each
Couple \$3,310
Commuter with Meals \$1,518
After Nov. 21st, add \$100



Karen holds Masters degrees in both Clinical Social Work and Education and has worked in a variety of therapeutic and educational settings over the past 35 years. She served as the Director of the Therapeutic Yoga Program at Circle Yoga in Washington, DC. Karen began teaching iRest at the Washington DC VA Hospital as part of the Integrated Health and Wellness Program 10 years ago, where she observed firsthand the benefits of iRest in alleviating the symptoms of PTSD, Substance Abuse, Anxiety, Depression, and Chronic Pain. In addition to her work at the VA, she is a founding partner of Warriors at Ease, whose mission is to train yoga and meditation teachers to work in military communities. She currently resides in Durango, Colorado where she hikes, bikes, and savors the outdoors.