

# iRest® Yoga Nidra

# Meditation Program

an evidenced-based transformative practice ... promotes relaxation.

w/ Mary Bartel, ERYT-500  
Structural Yoga™ Therapist  
Integrative Restoration (iRest) Yoga Nidra  
& Mindfulness Meditation Instructor

Thursdays, Oct. 1 - Nov. 19  
4:30 - 6 PM (8 classes)

\$159- 8 classes (includes 2 audio practice CD's)  
*No meditation or yoga experience required.*

*Rediscover your essential wholeness and interconnectedness with all of life ...*

*From this place of discovery, trauma and difficult life situations  
are then met with a deeply wise and compassionate response.*

Yoga Nidra translates as 'yogic sleep' a paradoxical state that helps you 'awaken fully' to life with a greater sense of contentment and an increased capacity to live free of conflict and fear - by opening your mind and body to its inherent state of well-being. iRest Yoga Nidra is an easy to learn modern adaption of this ancient yogic meditation practice. Guided meditations may be practiced either lying down or seated comfortably.

iRest Yoga Nidra has helped thousands of people resolve discomfort.

Research has shown that iRest is highly effective in promoting deep relaxation,  
as well as supporting the healing process of:

· Depression · Anxiety · Insomnia · Chronic pain · Chemical dependency · PTSD ...



Inner Quest Yoga & Wellness Center  
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To register or for more info: Mary Bartel (518) 354-2425  
Drop-ins welcome.

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