

# iRest Yoga Nidra

with


## Joan Ruvinsky, E-RYT 500

### August 15, 2009

7:30-9:00 AM / 9:45 AM-1:30 PM / 2:45-5:30 PM

Montreal (Pierrefonds), Canada

iRest Yoga Nidra is a modern synthesis of an age-old Tantric practice. It is both a technique of deep relaxation and a method that reveals our innate physical, emotional, mental and spiritual well-being across all dimensions of our body and mind, as well as a system that can evoke spiritual enlightenment or Self-realization. It blends together practices of physical relaxation, breathing, one-pointed concentration, emotional and cognitive healing and meditative inquiry that allow us to recognize our inherent ground of Being. When assembled together, these constitute a potent method of meditation that teaches a comprehensive approach to stress reduction as well as awakening. iRest Yoga Nidra has a broad range of applications to reduce stress, overcome insomnia, solve personal problems, resolve trauma, and overcome fear, anger and depression.




This one day workshop involves an exposition of the theoretical background of iRest Yoga Nidra, its roots in Yoga Philosophy and modern psychology and includes several practices illustrating the wide range of protocols that characterize this broad-ranging technique. Blankets, bolster, pillows and eye bags are recommended.

**To Register:** \$125 tax included.

Contact Heaven Studio Tel: 514-684-0099 Email: [info@heavenstudio.ca](mailto:info@heavenstudio.ca)

#### **About Joan Ruvinsky, E-RYT 500**



In 1989, Joan Ruvinsky met Jean Klein, who eliminated her need to be a student, to have a path, a method or a goal. At home in these nondual wisdom teachings, Joan shares body sensing yoga, conversation and presence at her center Pathless Yoga in Montreal and at retreats and workshops in North America. She keeps close fellowship with Richard Miller and Éric Baret and has the regular approbations from Integral Yoga, Integrative Yoga Therapy and Yoga Alliance E-RYT500. She offers seminars on Yoga Sutras of Patanjali, iRest Yoga Nidra, and is a member of the Council of Stewards of the Center of Timeless Being.