

## MINDFULNESS MEDITATION & INTEGRATIVE RESTORATION (iRest Yoga Nidra – Includes Body Sensing Yoga)



Program Series Dates & Workshop Intensives  
TBA

### **What is Mindfulness Meditation?**

"Mindfulness Meditation is paying attention in a particular way: On purpose, in the present moment, and without judgment."

– Jon Kabat-Zinn

### **Mindfulness ...**

- Develops a curious, non-judgmental, acceptance of whatever one is experiencing moment to moment.
- Being with the moment frees us from rigid attitudes, cognitions, behaviors, and lowers reactivity so choices are seen with better clarity
- Cultivates letting go of desired outcome to more easily tolerate pain without the need to avoid or fix it

### **What is iRest Yoga Nidra?**

iRest (Integrative Restoration) is an evidence based ancient transformation practice mindfulness meditative self inquiry and deep relaxation that can help in releasing negative emotions and thought patterns, calming the nervous system, and developing an inner sanctuary of well-being and equanimity that underlies all circumstances you may encounter in your life.

iRest essentially teaches you how to live a contented life, free of conflict, anxiety, fear and suffering by opening your mind and body to their inherent ground of health and wholeness.

The classes will be experiential and incorporate Seated Mindfulness Meditation (on a cushion or in a chair) and Yoga Nidra in varying positions: seated, standing, lying down or in restorative poses as well as in movement during Body Sensing Yoga/Mindful Movement.

*No yoga or meditation experience required.*

### **What is Body Sensing Yoga**

A meditative Hatha Yoga practiced as part of some iRest Yoga Nidra Classes from the tantric teachings of Kashmir non-dualism as found in ancient yogic texts. Mary has been exploring this style of yoga which was introduced to her has part of her teacher training in Integrative Restoration (iRest) Yoga Nidra. Body Sensing Yoga uses traditional Yoga postures in dynamic and static postural flows. This gentle style of Yoga is more than a portal for health and healing as it is a gateway towards revealing your body as radiant, expansive and spacious vibration, which directly discloses your true nature as unconditioned Presence - the ultimate realization of Yoga. Join Mary to deepen your sensory body awareness and Self-awareness. Come with an open mind and a willingness to let go of your habitual way of practicing Yoga postures. You will be guided in and out of postures in a sensing / feeling way that liberates and frees your mind to a deeper knowing of how to "be" in the postures (asanas). *No yoga experience necessary – approximately 20 mins. is allocated for Body Sensing Yoga*

Fee: \$60 for the 4 classes, \$30 for Saturday extended classes.  
(Classes held with a minimum of 6 students.)