



Integrative Restoration – iRest[®] Yoga Nidra Meditation
Sunday mornings
11:00AM to 12:00PM

At the beautiful Harmony Yoga studio
1955 Pauline Blvd, Suite 100 B, Ann Arbor, MI 48103

Integrative Restoration, or iRest for short, is a **deeply relaxing guided meditation**. Based on the ancient practice of yoga nidra, or sleep of the yogis, iRest is a secular, evidence-based, mind-body approach that provides the tools to reduce stress, improve sleep, assist with pain management, reduce depression, fear and anxiety, heal trauma, and provide inner peace and well-being.

iRest is practiced lying comfortably on the floor or resting in a seated position against a wall for the entire meditation. **No yoga or meditation experience is necessary.**

If you wish, bring your own yoga mat, pillow, and eye cover. Mats, blankets and bolsters will be also available at the studio to help you create your own personal meditation nest.

The cost is \$12 per session. Please bring cash or a check made out to “Katherine King.” Pre-registration is advised, but not necessary.

Please contact Katie if you have questions! krking@umich.edu

Instructor: Katie King has studied, professionally practiced, and taught restoration of the body, mind, and planet for over 35 years using various modalities, including environmental psychology, permaculture, spiritual retreats, massage, aromatherapy, and environmental engineering. Katie has completed the Level II iRest Teacher Training and is working toward Certification with the Integrative Restoration Institute, a non-profit organization.
