

Living the Paradox of Opposites



iRest[®] Meditation Immersion
with Nöle Giulini



During this immersion you will:

- Learn the 10-Step iRest Protocol to enhance your personal meditation practice
- Explore how to integrate the practices of iRest into daily life
- Foster well-being and resilience from stress & anxiety
- Experience BodySensing in movement
- Practice BreathSensing for resiliency, increased energy, and relaxation
- Learn about the paradox of opposites - "from or to and"
- Access an inner resource of well-being, ease, security and peace
- Awaken to your essential wholeness

DATES:

May 30 - June 2, 2019

PRICE:

EB Price \$295 through April 19
Regular Price \$350

LOCATION:

**Madrona MindBody
Institute**

Fort Worden Way,
Port Townsend, WA 98368

REGISTRATION & MORE INFO:

visit: www.irest.org/events

iRest

