

*If we want this moment to  
be other than it is  
we experience stress and  
internal conflict:  
We separate from what is.*

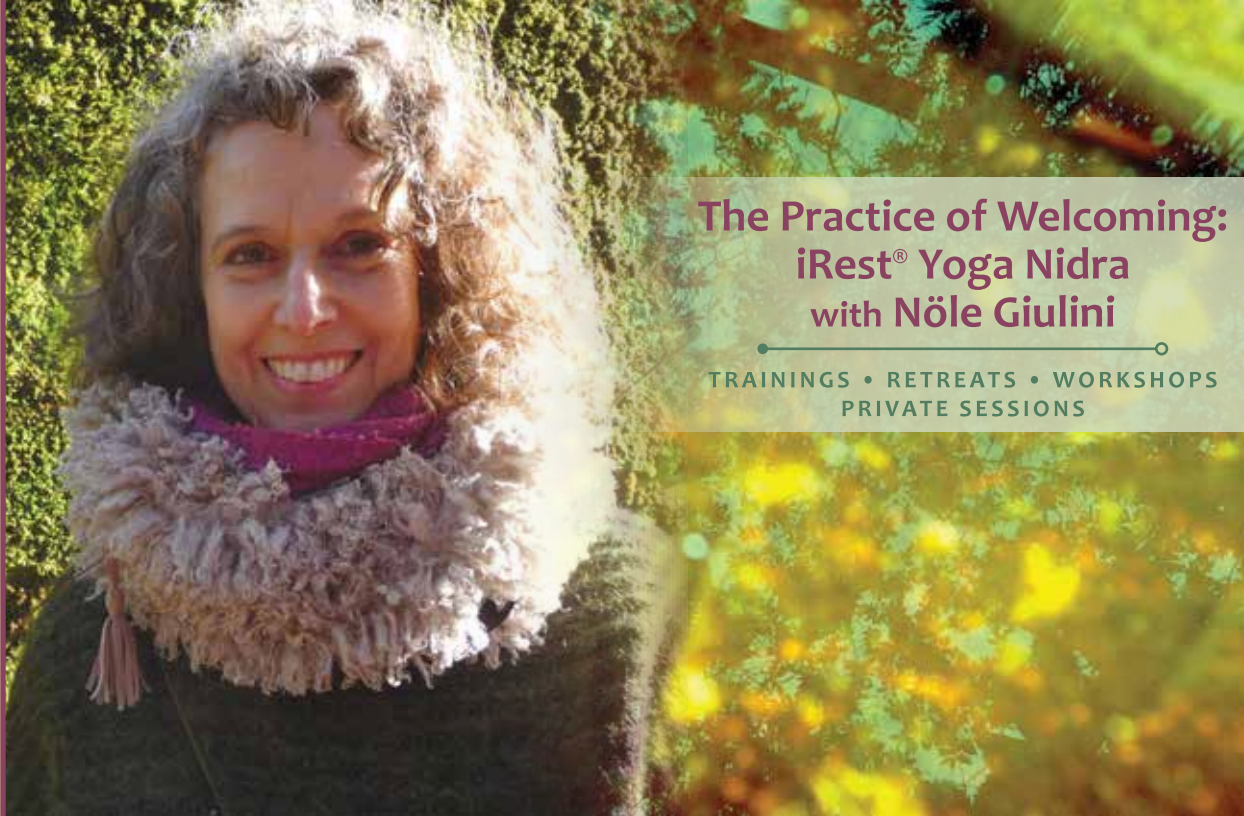
*Healing occurs when we  
are no longer absorbed and  
tangled up in likes  
and dislikes.*

*Attention bound in  
reaction is now  
available for change and  
transformation.*

## **Nöle Giulini**

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## **The Practice of Welcoming: iRest® Yoga Nidra with Nöle Giulini**

TRAININGS • RETREATS • WORKSHOPS  
PRIVATE SESSIONS



## iRest® Yoga Nidra:

- Was developed by Richard Miller, PhD, and is a dynamic meditation practice derived from the ancient yoga tradition, Kashmir Shaivism and Non-Dualism.
- Is a research based meditation protocol that brings together the teachings of the non-dual tradition with the techniques of mindfulness and current findings in neuroscience.
- Has proven to be extremely helpful for those suffering from stress, burn-out syndrome, physical and emotional pain, fear, anxiety, depression, PTSD, insomnia, and addictive patterns.
- Helps calm the nervous system, integrates difficult emotions and thoughts, offers tools for self-regulation, and helps us find authentic responses to life's challenges.

*Freedom from = Freedom to*

“Nöle’s teachings offer you a sumptuous banquet of inspired creativity, soulful wisdom, heartfelt kindness, and joyous celebration...  
I highly recommend that you spend time with Nöle...”  
—Richard Miller, PhD, iRest® Yoga Nidra Founder

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