



Fuyuko Sawamura-Toyota brings her rich, varied, and decades of experience as both a student and teacher immersed in the various paths of yoga (karma, bhakti, hatha, raja, Jñâna), to the offerings she shares with students, including group and private classes, workshops, retreats, and trainings. She has dedicated her life to service, and to offering in-depth teachings that are informed by the eastern and western nondual wisdom traditions of self-inquiry and meditation. I deeply respect Fuyuko for how she integrates her grounded presence and deep passion for truth, beauty, love and community when teaching yoga and iRest meditation practices.

I thoroughly enjoy working with Fuyuko in the various responsibilities she's involved in at the Integrative Restoration Institute (IRI) including her role as 1) an iRest Trainer, 2) Certified iRest Teacher, and 3) iRest Supervisor for students fulfilling their iRest Certification.

I am deeply grateful for Fuyuko's ability to bring these precious nondual teachings forward into the world. I hope you take advantage of sharing time with Fuyuko in her upcoming offerings.

Richard Miller
President, Integrative Restoration Institute
Developer of iRest Yoga Nidra

IRI is a 501(c)(3) educational non-profit dedicated to helping people resolve their suffering and experience deep healing and peace

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