



Hello and Welcome!

We are looking forward to our iRest® Yoga Nidra Level 1 Training on 18-23 October, 2024 hosted by Neal Gohshal; iRest Yoga Nidra New Zealand. We are truly blessed to meet together in such a beautiful setting, beautiful Waiheke Island.

This letter covers important details to review before the training such as the schedule and how to best prepare for the event.

To prepare for this training please read the attached Introduction Chapter (pages 1-22) of the *Level 1 Participant Manual*. This will help orient you to core principles and practice of iRest. Also please read [*Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing*](#) and listen to the accompanying audio tracks.

Additional iRest resources that may be helpful as you prepare for the training include:

1. [*Meditations to Accompany the Book: The iRest Program for Healing PTSD*](#), a collection of 42 audio recordings walking you step-by-step through the entire protocol. The scripts for these recordings are found in [*The iRest Program for Healing PTSD*](#).
2. [*Integrative Restoration iRest Yoga Nidra*](#), a collection of 6 audio recordings available in download or CD.

Your daily schedule consists of in-depth lectures on the steps of iRest Yoga Nidra and plenty of time to address all your questions. During experiential sessions you'll learn to teach the various components of iRest to individuals and groups. Finally, iRest sessions are offered to support your first-hand, direct experience of the profound effects of the practice. A week or so before the training you will receive a level 1 training manual in PDF format. Also you will receive the reference guide book in printed format for use during the training.

Our training hours may be used for Continuing Education (CE) or Professional Development (CPD) hours for Yoga Australia, Meditation Association of Australia, Yoga Alliance using the Certificate of Attendance that will be sent at the end of the training as proof of completion for their accrediting board.

Additionally, iRest Level 1 Training is a pre-approved APD for IAYT (International Association of Yoga Therapy). If you need an IAYT certificate please contact events@irest.org to make a special request.

In order to receive a certificate of attendance designating you as an *iRest Level 1 Teacher* you must arrive on time every day and attend each session in its entirety.

Following the training you'll have the opportunity to:

- Join our community of teachers making a difference around the world.
- Receive professional support as you learn and develop your skills from our non-profit organization, iRest Institute.
- Benefit from mentoring from an expert body of supervisors.

After the event you'll receive access to an audio download of a previously recorded Level 1 Training, along with information on the Teacher's Resource Page, Teacher's Community Network, and much, much, more. For those of you interested in becoming an [iRest Yoga Nidra Certified Teacher](#) this Level 1 training is the first of a three-part process.

The following schedule is listed in *Australian Eastern Time*:

18 October (Friday)

Registration 17:00 PM

Programme 18:00 - 20:30 PM (90-minute lunch break)

19 October (Saturday) to 22 October (Tuesday)

Programme 8:30 AM - 18:30 PM (90-minute lunch break)

23 October (Wednesday)

Programme 8.30 AM - 12:30 PM

*Schedule is subject to change.

If you have any questions or concerns please contact info@yoganidra.nz

We look forward to being together for what promises to be an intimate and life-affirming experience. Welcome to iRest Yoga Nidra!

Sincerely,

Fuyuko Sawamura-Toyota

Senior iRest Trainer and Director iRest Institute Australasia