

iRest Meditation

Intended Audience - All members including people living with cancer, family members and significant caregivers.

Program Description – The meditation practice of Integrative Restoration (iRest*) yoga nidra is a process of deep relaxation that helps the body with healing and trains participants to transcend stress and suffering. Yoga nidra is becoming a success healing strategy for cancer survivors, soldiers overcoming post-traumatic stress disorder and people struggling with stress, depression and addiction. Widely gaining scientific attention, the practice is profoundly simple and deeply transformative.

Benefits and Impact – This meditation program promotes developing insight and inner strength by equipping participants with the skills and confidence to engage their inner resources and gain mastery over daily stresses and challenges. Participants who practice iRest* yoga nidra meditation report:

- decreased insomnia
- reduced depression, anxiety and fear
- decreased perception of chronic and acute pain
- improved interpersonal relations
- increased sense of control and comfort

What to Expect at a Session

iRest* meditations are done lying down with the use of props for support and comfort. The meditations blend deep relaxation with personal awareness gained through exploring body sensations, breath, emotions, thoughts and images. Participants come away with a sense of calm and relaxation.

One time session attendance introduces participants to the practices of iRest* yoga nidra meditation. Classes consist of instruction, discussion and experiential practices that focus on:

- developing an inner resource of comfort and safety
- learning to be your own best friend
- an orientation to the role of emotions in our life
- learning strategies for working with challenging emotions and thoughts
- cultivating mindful conscious awareness

Home practice is supported with the use of meditation recordings.

Members are welcomed and encouraged to attend subsequent sessions to deepen into the skills. As participants learn to practice iRest*, they connect with deeper layers of their being, resulting in clarity and the true discovery of self.