

# Mantra & iRest® Yoga Nidra Meditation



**5 Koshas**  
yoga and wellness

## Mantra & iRest Yoga Nidra Meditation

Every Monday:

11:00 AM – 12:00 PM and 5:15 – 6:15 PM



### Mantra:

- A tool for transformation of the mind
- Ancient Sanskrit sounds, preparing the mind for meditation

### iRest Yoga Nidra Meditation:

- Based on ancient yogic meditation models
- Easy to start via guided meditation

### iRest provides tools to help you:

- Relax deeply
- Release stress
- Increase resiliency

### People who practice iRest report:

- Reduced depression, fear, & anxiety
- Reduced insomnia and stress
- Reduced chronic pain
- Increased inner peace and well-being

### Jay Coldwell

RYT-200,  
iRest Level 2 Teacher  
[jay@5koshasyoga.com](mailto:jay@5koshasyoga.com)



Jay studies Vedic chant and Yoga Sutra with Linda Spackman, in the Krishnamacharya lineage. He cherishes the resonance of chant, especially in a group setting.

Jay has found the worldwide iRest Yoga Nidra community to be a powerful resource for developing the resilience to live in harmony with ourselves, others and the world.

### Weekly Agenda:

- Gathering circle
- Learn and chant a simple Sanskrit mantra
- Short discussion / talk on iRest techniques
- Guided meditation practice
- You will receive a link to each week's guided meditation for practice at home
- This class is offered each week. Come when you can!

Wear comfortable clothing. There will be no movement or yoga postures involved with this practice. You may participate in the guided meditation from a chair or lying on the floor. You may want to bring along anything that may help support your body or help you be more comfortable during the meditation, such as a blanket or pillow.

For more information, try a practice at [www.irest.org](http://www.irest.org)

*"In the end, we realize how simple life is when we accept this moment, just as it is, without pretending to be other than who we are. This is grace in action and the culmination of iRest."*

■ Richard Miller, founder of iRest.