

Online: Sensing Stillness – An iRest® Guided Meditation

6-Week Class Series | January 12th – February 16th

Offered Wednesdays | 10:30 – 11:20 AM



Are you ready to begin the new year with a renewed sense of stillness? What tools of a iRest Meditation practice can nourish your mind & body?

Join Jay Coldwell, RYT-200 & iRest Level 2 Teacher for a 6-week iRest Guided Meditation Practice class series to **experience & learn new techniques to support you in mind & body in the new year!**

During this series:

- **Focus entirely on practice** — no PowerPoints or special terminology. Anyone can do iRest — *just listen*
- **Learn iRest meditation practices** that help you find an embodied *sense of safety and stillness*
- **Practice is grounding and nourishing**, setting favorable conditions for insights *beyond what is available to your thinking mind*

What to expect from class each week from start to finish?

Experience a weekly practice designed to fit into your day whether you are at home, at work, or working at home!

- **Begin** with 10 minutes of very simple seated or standing yoga postures
- **Then** experience, 35 minutes of iRest guided meditation
- **Finish** with 5 minutes of movement & breathing to help you move into the next part of your day



Jay Coldwell, RYT-200,
Certified Viniyoga
Instructor & iRest
Level 2 Teacher

Jay Coldwell, RYT-200, a graduate of River Flow Yoga Teacher Training School, with Mary Hilliker. He is an iRest Level 2 Teacher, having studied with Richard Miller and Stephanie Lopez. Jay has studied Vedic Chant with Sonia Nelson and Linda Spackman at the Vedic Chant Center in Santa Fe, New Mexico, continues to study Yoga Sutra and Vedic Chant with Linda. Jay is also studying classical Non-dual Shaiva Tantra with Kathleen Knipp.

More Details + Register Here:

www.5koshasyoga.com/special-events/irest-meditation-6-week-class-series/

Learn more about iRest Here:

<https://www.irest.org/>

FEE: \$59 for 6-week series. **Special 15% Discount for 5 Koshas Members!** Members email office@5koshasyoga.com for registration.

Can't make the live-streamed online classes? No worries, Video-On-Demand access for all registrants until the end of March!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com or Jay at jay@5koshasyoga.com