

## iRest Yoga Nidra Meditation: To Welcome The Space Within

Wednesday, September 27<sup>th</sup> 12-1 PM | Weekly Hybrid Class

with Jay Coldwell, RYT-200 & iRest Level 2 Teacher



### What is the intention of this weekly class?

- **The intention for this class is** to develop and practice skills that are helpful for living in harmony with what life wants to express through us.
- **We will focus on** Noting and Welcoming all that arises within us, as a way to engage with our life within.
- **We will use** the iRest Yoga Nidra protocol as the framework for the class. Class themes based on wisdom from authors such as John O'Donohue and texts such as the Yoga Sutra of Patanjali, and the classical Tantra text, The Heart of Recognition.
- **There may be elements** of ritual connected with the practice, or Sanskrit mantra, or healthy doses of silence.

### What is iRest Yoga Nidra?

- iRest Yoga Nidra is a modern interpretation of ancient techniques to focus attention within, to more completely welcome feelings, emotions, thoughts and beliefs without judgement.
- iRest Yoga Nidra meditation is often done lying down rather than seated, but can be adapted to the individual.

### What will you experience in class each week?

- This practice is intended to be non-denominational, and in harmony with people of any spiritual tradition. **Classes will include about 30 minutes of guided meditation.** There will be some movement incorporated in some class sessions; however, there will not be a regular yoga asana segment for most classes.

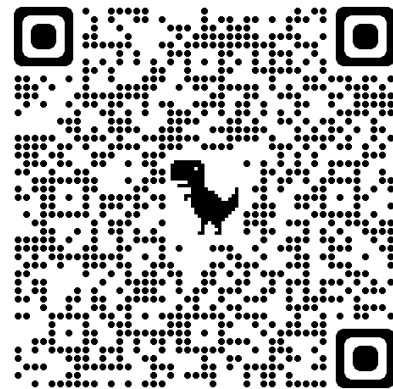


Jay Coldwell, RYT-200, a graduate of River Flow Yoga Teacher Training School, with Mary Hilliker. He is an iRest Level 2 Teacher, having studied with Richard Miller and Stephanie Lopez.

### More Details + Register Here:

[www.5koshasyoga.com/events](http://www.5koshasyoga.com/events)

**Easy Way to Register:** Put phone camera up scan the QR Code below to register.



**FEE:** Use your monthly membership, 4-class-pass, 8-class-pass or drop in!

**Can't make the weekly classes?** Register to receive access to the video content for 5 days!

**What should you bring?** Bring a yoga mat, blanket and cushion or pillow, and even an eye mask to help you feel comfortable and grounded during the meditation portion of the class.

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com)