

Integrative Restoration iRest® Yoga Nidra



Evidence-based transformative practice that leads to psychological, physical, and spiritual healing and well-being

What's Involved?

iRest practice is integrative as it heals the various unresolved issues and traumas that are present in your body and mind, and restorative as it enables you to recognize your innate peace of mind that is always present amidst all changing circumstances of life.

iRest provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with greater mastery and control in your life.

iRest nourishes noble qualities such as joy, peacefulness, empathy, forgiveness, patience and lovingkindness toward yourself and others.

Schedule:

Tuesdays, 4:00 pm - 5:15 pm

Dutton Campus
1300 N. Dutton Avenue

Led By:

Maryellen Curran, Ph.D.

How to Join:

Ask your care team to schedule or call Laura Martinez at 707-396-5151 ext 3725.



All of us. For all of you.

a californiah^h center