

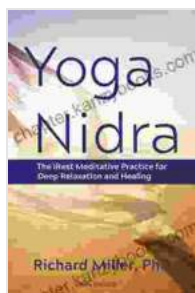
# The Irest Meditative Practice For Deep Relaxation And Healing

## What is Irest?

Irest is an acronym for Integrated Restoration, a type of meditation that combines elements of mindfulness, yoga, and body scanning to promote deep relaxation and healing. Irest was developed by Richard Miller, PhD, a clinical psychologist and author of the book *Irest: Restorative Yoga Nidra for Deep Relaxation and Healing*.

## Benefits of Irest

Irest has been shown to have a number of benefits, including:



## Yoga Nidra: The iRest Meditative Practice for Deep Relaxation and Healing by Nadia Vado

★★★★★ 5 out of 5

Language : English  
File size : 1068 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 161 pages  
Screen Reader : Supported



- Reduced stress and anxiety
- Improved sleep
- Reduced pain

- Improved immune function
- Increased self-awareness and compassion

## **How to practice Irest**

Irest can be practiced in a variety of ways, but the most common method is to lie down in a comfortable position and listen to a guided meditation recording. Irest meditations typically involve a series of body scans, breathwork exercises, and visualizations.

To practice Irest, follow these steps:

1. Find a comfortable place to lie down, such as on a bed or on the floor.
2. Close your eyes and take a few deep breaths.
3. Begin to scan your body, starting with your toes and moving up to your head. Notice any sensations of tension or relaxation.
4. Focus on your breath, and notice the rise and fall of your chest.
5. Visualize a peaceful scene, such as a beach or a forest.
6. Continue to relax and let go of any thoughts or worries that come into your mind.
7. When you are ready, slowly open your eyes.

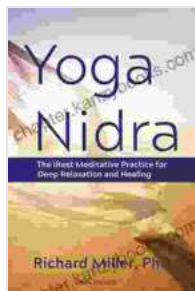
## **Irest for Beginners**

If you are new to Irest, there are a number of resources available to help you get started. You can find guided Irest meditations online, or you can attend an Irest class or workshop.

There are also a number of books available on Irest, including:

- *Irest: Restorative Yoga Nidra for Deep Relaxation and Healing* by Richard Miller, PhD
- *The Irest Program for Healing PTSD: A Clinician's Guide* by Richard Miller, PhD and Patricia Gerbarg, MD
- *Irest for Beginners: A Simple Guide to Restorative Yoga Nidra* by Richard Miller, PhD

Irest is a powerful meditation practice that can help you to reduce stress, improve your sleep, and heal from both physical and emotional trauma. If you are looking for a way to relax and improve your well-being, Irest is a great option.



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