

iRest® Level I Training

with Stephanie Lopez

April 11 - 15, 2018

Pricing: \$1,495 until **March 1**, \$1,595 thereafter.

During this training you will:

- Discover the basic principles, history, theory, practice and delivery of iRest.
- Learn how to incorporate the simple 10-step iRest protocol into your professional teaching or clinical practice.
- Explore various ways to use any of the 10-steps in daily life.
- Foster well-being and resiliency from stress and anxiety.

Located at Yoga on High

1020 Dennison Ave, Columbus, OH 43201
(614) 291-4444 • www.yogaonhigh.com

Learn More and Register Online

