



Yoga and iRest Meditation 3-Day Immersion Training for Medical Practitioners & Allied Professionals

3-DAY TRAINING

NOVEMBER 11TH – 13TH, 2022

PROGRAM MEETS AT SWEET PEA'S STUDIO.

Daily Schedule:

FRIDAY, NOV. 11

- 6:00 – 6:45 PM Introductions
- 6:45 – 7:00 PM Breath Practice
- 7:00 – 7:30 PM iRest Practice
- 7:30 – 8:00 PM Discussion Circle
- 8:00 PM **PROGRAM END**

SATURDAY, NOV. 12

- 8:00 – 8:15 AM Settle In
- 8:15 – 8:30 AM Breathing Practice
- 8:30 – 8:45 AM Meditation Practice
- 8:45 – 10:00 AM Yoga Class with Kathryn
- 10:00 – 10:15 AM **BREAK**
- 10:15 – 11:30 AM **LECTURE I:** Introduction to Integrative
Restoration iRest Yoga Nidra Basic Skills
for Self Regulation — (75 Min.)
- 11:30 – 12:00 PM Gather for writing prompts, discussion,
feedback, and questions



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- 12:00 – 1:30 PM . . . LUNCH
- 1:30 – 2:45 PM . . . LECTURE II: Defusing Thought Bombs — (75 Min.)
- 2:45 – 3:00 PM . . . BREAK
- 3:00 – 4:00 PM . . . iRest Yoga Nidra Meditation Practice
- 4:00 – 4:45 PM . . . Writing prompts and Discussion Circle
- 4:45 – 5:00 PM . . . Meditation Practice
- 5:00 PM . . . PROGRAM END

SUNDAY, NOV. 13

- 8:00 – 8:15 AM . . . Settle In
- 8:15 – 8:30 AM . . . Breathing Practice
- 8:30 – 8:45 AM . . . Meditation Practice
- 8:45 – 10:00 AM . . . Yoga Class with Kathryn
- 10:00 – 10:15 AM . . . BREAK
- 10:15 – 11:30 AM . . . LECTURE III: The Polyvagal Theory — (75 Min.)
- 11:30 – 12:00 PM . . . Gather for writing prompts, discussion, feedback, and questions
- 12:00 – 1:00 PM . . . LUNCH
- 1:00 – 2:00 PM . . . iRest Yoga Nidra Meditation Practice
- 2:00 – 2:15 PM . . . BREAK
- 2:15 – 3:15 PM . . . Self-Care Plan, Evaluations and Closing Circle
- 3:15 PM . . . PROGRAM CLOSES