



iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being

Richard Miller PhD

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Deep rest and relaxation are critical elements in healing. We rarely experience truly profound rest. Even with proper exercise and sleep, we continue to hold stress, tension, and trauma in the body. Over the past 45 years, Dr. Richard Miller has developed a program for deep relaxation, healing, and rejuvenation called *iRest* (Integrative Restoration) *Meditation*. *iRest Meditation* offers a complete training in this method, which is being used by the military to treat PTSD and has been shown through research to reduce depression, anxiety, insomnia, chronic pain, and more. Not based on yoga asanas (postures), these practices help you release toxic emotions and thought patterns, calm your nervous system, and develop positive skills for meeting challenging life circumstances.

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