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iRest is a meditation practice based on the ancient tradition of Yoga Nidra and adapted to suit the conditions of modern life. When practiced regularly - a little and often - iRest enables you to meet each moment of your life with unshakable peace and wellbeing, no matter how challenging or difficult your situation. iRest has been shown to be effective in scientific trials for conditions including chronic pain, sleep problems, depression and anxiety, and post-traumatic stress disorder (PTSD). iRest is simple to learn and easy to practice. It can be practiced by anyone, regardless of physical ability or experience with meditation. Once learned, iRest becomes a set of tools for life.