



# Health, Healing & Wellness

An introduction to the Integrative Restoration Institute





*In the end, we realize how simple life is when we accept this moment, just as it is, without pretending to be other than who we are. This is grace in action and the culmination of iRest.*

*- Richard Miller*

The Integrative Restoration Institute® (IRI®) is a nonprofit, educational and research organization dedicated to the alleviation, resolution and prevention of trauma and suffering. Our programs promote self-regulation, resiliency and stress reduction while restoring the body and mind to their natural functioning. We provide professional trainings in Integrative Restoration® (iRest®) Yoga Nidra and collaborate with public and private institutions and researchers. iRest is a registered trademark of Richard C. Miller, PhD. IRI does not discriminate in any way on the basis of race, color, age, gender, national origin, religion, sexual orientation or disability.

iRest is an evidence based, mind-body approach to health, healing and well-being. It is the result of over twenty-six years of observation, research and hands-on development by Dr. Richard Miller and associates. Research trends indicate that iRest effectively alleviates PTSD, insomnia, anxiety, chronic pain, depression and chemical dependency. IRI trained teachers have successfully delivered the iRest Protocol to active duty military and combat veterans, chronic pain sufferers, the homeless, the incarcerated, health care givers and other special interest groups.

Research is showing that mindfulness-based practices, such as iRest, are analogous to neural training regimens, targeting core body, mind, and brain skills and functionings that are important for success and well-being in daily life. These practices seem to be especially effective as they target brain plasticity in the areas of sensory, motor, and limbic and prefrontal cortical functioning. Thus, iRest is an ideal intervention for re-shaping neural pathways critical to fostering emotional self-regulation, ethical decision-making, resiliency, enhancement of cognitive and emotional skills, development of empathy and well-being, as well as improving overall physical and mental health.



## CURRENT RESEARCH

University of Missouri: The impact of Integrative Restoration – iRest with college students at the University of Missouri Student Health Center. PI: Terry Wilson, M.Ed., R.N. Ongoing: Data reported regularly since 2007.

Brooke Army Medical Center: Utilizing Integrative Restoration to Enhance the Resilience of Military Couples. PI: Alice W. Inman, PhD. 2012.

Washington DC VA: Assessing the Efficacy of Integrative Restoration – iRest on Chronic Pain in Veterans with Traumatic Brain Injury. PI: Julie Chapman, PsyD. 2012.

Federal HealthCare Center Lovell: North Chicago VA Medical Center. The Impact of Integrative Restoration – iRest on the Psychological Functioning of Veterans Diagnosed with PTSD. PI: George Lutz, PhD. 2012.

New Jersey VA: The Efficacy of a Manualized Meditation Intervention (Integrative Restoration - iRest) for Reducing PTSD Symptom Severity, Stress, and Cardiovascular Disease Risk in Veterans Who Screen Positive for PTSD. PI: Anna Rusiewicz-Neff, PhD. 2012.

Long Beach VA: The Impact of Yoga on Post-deployment Adjustment Challenges in Women. PI: Lori Katz. 2012.

San Antonio Military Medical Center: A Randomized Controlled Trial Evaluating Yoga (iRest) in the Modulation of Stress in new Army Medical Department (AMEDD) Officers. PI: Maj Laureen Otto, PhD, RN. Nurse Scientist, Center for Nursing Science & Clinical Inquiry. 2012.

## COMPLETED RESEARCH

Walter Reed Army Medical Center: Yoga Nidra (Integrative Restoration – iRest) as an Adjunctive Therapy for Post-Traumatic Stress Disorder: A Feasibility Study. PI: Charles Engles, MD, MPH, COL. 2006.

Institute of Noetic Sciences and the Committee on the Shelterless: Integrative Restoration – iRest Yoga Nidra to Reduce Stress in Homeless Shelter Residents with a History of Trauma. PI: Cassi Vieten, PhD. 2006.

University of Missouri, Brooklyn, New York: Meditation (Integrative Restoration – iRest) and Relapse Prevention in Chemical Dependency. PI: Leslie Temme, PhD. 2008.

Evergreen College: Effect of Integrative Restoration – iRest Yoga Nidra on a College Student Population. PI: Sarah Williams, PhD. 2008.

Boise State University: Impact of Integrative Restoration – iRest Meditation on Perceived Stress Levels in Multiple Sclerosis and Cancer Outpatients. PI: Mary Pritchard, PhD. 2008.

## COMPLETED RESEARCH - CONTINUED

Miami VA: The Clinical, Biological and Functional Impact of an Adjunctive, Manualized Meditation Intervention (Integrative Restoration – iRest Yoga Nidra) on Veterans with Post Traumatic Stress Disorder. PI: Julie E. Malphurs, PhD. 2010.

John F. Kennedy University: Transforming Trauma: A Qualitative Feasibility Study of Integrative Restoration (iRest) Yoga Nidra on Combat-Related Post-Traumatic Stress Disorder. PI: Lisa Stankovic, MA, RYT. 2010.

Boise State University: Does Integrative Restoration (iRest) Meditation Decrease Perceived Stress Levels and Negative Moods in School Counselors. PI: Mary Pritchard, PhD. 2011.

Brooke Army Medical Center: The Effects of Integrative Restoration (iRest) on Sleep and Perceived Stress in Military Medical Center Healthcare Providers: A Pilot Study for Developing Staff Resilience. PI: Mona O. Bingham, PhD, RN. 2011.

John Hopkins Bayview Brain Injury Clinic: Effectiveness of a Mindfulness Based Group Therapy (MBGT) Using iRest in Improving the Quality of Life in People Who Have Had a Brain Injury: A Pilot Study. PI: Linda Ovitt, MSN, APRN/PMH. 2011.

Washington DC VA WRIISC: Acupuncture and Meditation (iRest Yoga Nidra) for Military Veterans: Patient Satisfaction and Self-Reported Symptom Reduction. PI: Matthew Reinhard, PsyD, Amanda Hull, PhD, Kelly McCoy, PsyD, Jeanette Akhter, MD, MAc, Alaine Duncan, MAc, Karen Soltes, LCSW, RYT, M. Cory Jecmen, MAc, Kathryn Berndtson, MHS, RYT. 2012.

## RESEARCH IN DISCUSSION

iRest, GABA Levels, Cortisol Levels, Stress, Depression, and mTBI.

Chemical Dependency Relapse Prevention.

Impact of iRest on People Diagnosed with Multiple Sclerosis.

Impact of iRest on People Diagnosed with Cancer.

Insomnia and Sleep-Related Issues.

*IRI is committed to excellence in complementary and alternative medicine (CAM) and to collaborating with research partners, both public and private.*



iRest has beneficially touched the lives of thousands. Some of the special interest groups and populations to which iRest has been successfully delivered include:

Active Duty Military  
Cancer Support  
Chemical Dependency  
Chronic Pain  
Corporate  
Correctional Facilities  
Education  
Fertility and Childbirth  
Grief and Loss  
Healthcare  
Homeless  
Hospice  
Veterans

In addition, many of our iRest teachers donate their services to a wide variety of groups in support of IRI's give-back and community service vision.

*And in what is becoming one of the most widely applied yoga-based trauma treatments, clinical psychologist Richard Miller, PhD, has developed a nine-week, twice-weekly Integrative Restoration program based on the ancient practice of Yoga Nidra. In 2006, the Department of Defense began testing iRest with active-duty soldiers returning from Iraq and Afghanistan who were experiencing PTSD. At the end of the program, participants reported a reduction in insomnia, depression, anxiety and fear, improved interpersonal relations and an increased sense of control over their lives. Since then, iRest classes have been established at VA facilities in Miami, Chicago and Washington, D.C. Miller has also helped develop similar programs for veterans, homeless people and those with chemical dependencies and chronic pain.*

—APA Monitor on Psychology, Vol 40, No. 10 (November 2009)

*It's a deceptively simple practice... Yet its various elements, taken together and practiced regularly, make up a sophisticated set of mind-body tools that can help practitioners navigate some of life's harshest moments. Yoga nidra can also be practiced as an accessible form of meditation for those seeking everyday well-being.*

—Katherine Griffin, Peaceful Reflections, Yoga Journal (November 2011)

*Participants [at WRAMC] reported "improved interpersonal relations and an increased sense of control of their lives, being paradoxically more comfortable with situations they could not control." The results launched an ongoing program of iRest classes that continue to be offered at the WRAMC outpatient clinic four years later.*

—L. Stankovic, MA, YT, Transforming Trauma: A Feasibility Study of Integrative Restoration (iRest) Yoga Nidra on Combat-Related Post-traumatic Stress Disorder, International Journal of Yoga Therapy – No. 21 (2011)

"I am currently the Clinical Director for an Intensive Outpatient Program that treats Wounded Warriors with the invisible wounds of traumatic brain injury and post traumatic stress disorder after multiple deployments to Iraq and Afghanistan over the last decade and more. The Warriors are able to regain their grounding and move forward in their recovery and reintegration into continued active duty service or return to the community."

- Captain, US Public Health Service (USPHS), Military Treatment Facility

"I've been a mind-body therapist at the Deployment Health Clinical Center at Walter Reed National Military Medical Center (formerly WRAMC) for 6 years. I work with active duty service members who suffer from acute PTSD and TBI. iRest meditation has made an enormous difference in these patients' lives... within just a few sessions most begin to sleep better, feel less pain, and become able to calm themselves after they become agitated."

- Robin D. Carnes, Walter Reed Army Medical Center,  
Co-Founder Warriors At Ease, MBA

"I have been doing this yoga nidra now for about 3 years and I have gotten to a point now that I don't have to take any medication for my blood pressure. And I don't take anything for sleeping, so it has made a big improvement."

- Tom Rusneck, Vietnam Veteran

"Our clients have been given an opportunity to rest, relax and feel supported in learning to deal with their substance abuse and the tools to help manage their anger, anxiety and cravings."

- Patrick O'Shaughnessy, Chemical Dependency Counselor

"iRest is a profound tool which can enhance any therapy. My hope is that anyone struggling with his or her own life challenges, or searching for deeper meaning to life, will have the same opportunity to experience this life-giving practice as I have."

- Michael, Cancer Survivor

"If you can catch this stuff quick enough, you can treat it, you can get a soldier back into uniform."

- Neil Rooker,  
former Master Corporal,  
The Edmonton Journal



**What is iRest?**

iRest is a modernized form of an ancient practice of healing and relaxation from the tradition of yoga. It is a form of mind-body training which promotes deep healing, health and well-being. While having clinically demonstrable effects, it is not psychotherapy.

**Who developed iRest?**

Dr. Richard Miller and associates developed iRest over twenty-six years of observation, research and hands-on experience with diverse populations.

**What are the benefits of iRest?**

The evidence-based benefits of iRest include reduced PTSD, insomnia, anxiety, chronic pain, depression and chemical dependency. Subjective reports include reduced negative emotions and thought patterns as well as an increased ability to relax, think clearly and meet the demands of everyday living. The benefits of iRest are cumulative and accrue from the first session.

**Are there any contraindications for iRest?**

iRest is suitable for a wide range of individuals and populations. iRest can be adapted to the individual, group and context. There are no contraindications for either medications or DMSR-IV diagnoses.

**How can I experience iRest?**

Contact IRI at [info@irest.us](mailto:info@irest.us) and ask for a referral to a certified teacher in your area. iRest can be delivered either in a group setting or one-on-one.

**How do I or my institution know who is certified by IRI to deliver iRest?**

Contact IRI at [info@irest.us](mailto:info@irest.us) IRI maintains a list of both certified teachers and those in various levels of training.

**Scientifically, what is responsible for or explains the wide ranging benefits of iRest?**

Research is showing that mindfulness-based practices, such as iRest, are analogous to neural training regimens. These practices are especially effective as they appear to target brain plasticity in the areas of sensory, motor, and limbic and prefrontal cortical functioning. These neural pathways are critical to fostering emotional self-regulation, ethical decision-making, resiliency, enhancement of cognitive and emotional skills, and development of empathy and well-being, as well as improving overall physical and mental health.

**Who do I contact if I want to conduct a pilot study or research on the iRest Protocol?**

Please contact IRI at [info@irest.us](mailto:info@irest.us) and put 'Research' in the subject line.

**Richard Miller, Ph.D. / President, Executive Director**

Larkspur, CA

Clinical psychologist, author, researcher. Developer of iRest. Research consultant for studies involving the iRest Protocol. Co-founder of International Association of Yoga Therapists (IAYT). Senior Advisor for the Baumann Foundation.

**L. Ross Guest LLB. / Board Member**

Kimberley, BC

Corporate and commercial lawyer (retired). Business consultant. Certification Supervisor. Certified iRest Teacher.

**Monica Hanson / Board Member**

Fremont, CA

Business and community development consultant. Instructor for Stanford's CCARE program. Founding member of the Integrative Wellness Team at the Palo Alto Veterans Administration. iRest teacher. Registered Yoga Teacher (RYT). IAYT.

**Kelly Boys / Director of Operations**

Mill Valley, CA

BA. Leadership development with Tom Peters Company and Fine Points Professionals. English teacher, EFL. Certified iRest Teacher. RYT. IAYT.

**Samantha Kinkaid / Director of Marketing**

Los Angeles, CA

MFA. Strategic Consultant. Brand and Marketing Specialist. Banking, Consulting, and Government Agency background. Owner, Yoga Everyone. Certified iRest Teacher. RYT. IAYT.

**Rick Echler / Project Manager, Community Liaison**

San Rafael, CA

AA. Architectural Designer. Advanced student of Marshall Rosenberg's Nonviolent Communication (NVC). Certified iRest Teacher.



**Kirsten Guest / Director of Certification**

Kimberley, BC

BA. IRI Certification Supervisor. Certified iRest Teacher. RYT.



**Angela Riewe / Administrative Coordinator**

San Rafael, CA

BA. Member, Association for Contextual Behavioral Science.  
Psi Chi. iRest Teacher. IAYT.



**Anne Douglas / Senior Trainer**

Banff, AB

Human resources and management consultant. iRest Trainer.  
Certification Supervisor. Certified iRest Teacher. Former Board  
Member. IAYT. RYT.

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## TRAININGS AND EVENTS

To view the event and training schedule, please visit: [www.irest.us](http://www.irest.us).

## PRODUCTS

In addition to books, IRI has developed a number of audio offerings, which may be viewed on our website.

## BOOKS BY DR. MILLER

Miller, Richard. *Yoga Nidra: The Meditative Heart of Yoga*, Sounds True, 2005 and 2010. ISBN 9781591793793

*The Search for Oneness*, in *Will Yoga and Meditation Really Change My Life?* Storey Publishing, 2004. ISBN 9781580175098

*Welcoming All That Is: Yoga Nidra and the Play of Opposites in Psychotherapy*, in *The Sacred Mirror: Nondual Wisdom & Psychotherapy*, Paragon, 2003. Prendergast, Fenner & Krystal (ed.). ISBN 9781557788245

*Opening To Empathy*, UMI, Ann Arbor, Michigan, 1990.

*The Theory and Practice of Yoga Nidra*, Anahata Press, Mill Valley, 1985.

# Stages of iRest

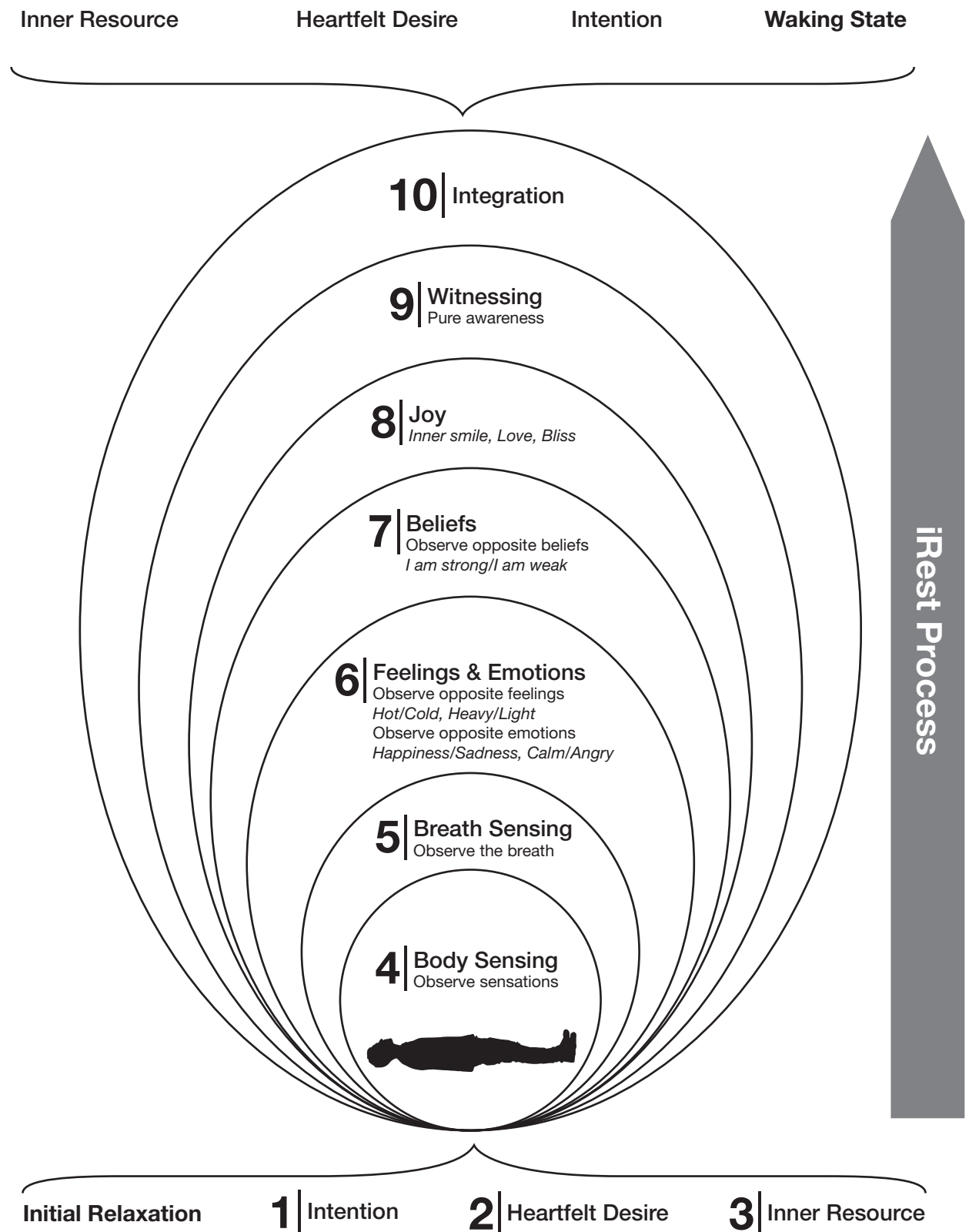
During iRest you will be guided through various experiences. Your task is to rest at ease while observing and welcoming sensations, breath, feelings, emotions, beliefs, images, and memories that naturally arise. As you learn to welcome all that is, you will be invited to step back into being an observer, or witnessing, the aspect of us that is always observing what is present.

<b>iRest Stage</b>	<b>Purpose</b>	<b>Ask Yourself...</b>
Initial Relaxation	Get comfortable and bring yourself into the present moment.	What would make me most comfortable during the practice?
Setting an Intention	Establish why you want to learn to practice iRest.	What do I hope to achieve with my practice today?
Heartfelt Desire	Get in touch with what it is that you truly want in life.	What is it that I want more than anything else in life? What is my deepest desire or wish?
Inner Resource	Find a place where you feel secure, to which you can return at any time during iRest or any time you feel disturbed.	Real or imaginary, where do I feel most secure, safe, calm, at ease and relaxed? What is this place like? How does it feel?
Body Sensing	Welcome and be present with what is happening in the body. If pain or tension is present, simply observe it. Perhaps nothing at all is present and that is fine too.	How is my body feeling today? Are there any physical sensations present in my body?
Breath Sensing	Tune in to the natural rhythm of the breath. Learn to observe the breath and the body breathing.	What is my breath like? Calm, deep, relaxed, tense, shallow, forced, etc.?
Opposite Feelings	Observe feelings that are present; e.g., comfort/discomfort, warmth/coolness.	What feelings are present? Heaviness, lightness, tension, relaxation, etc.?
Opposite Emotions	Observe emotions that are present; e.g., confident/insecure, fearless/afraid, etc.	What emotions are present? Anger, sadness, happiness, etc.?
Opposite Beliefs	Observe beliefs that are present; e.g., 'I am powerful/I am helpless', 'I am healthy/I am ill', etc.	What beliefs are present? 'I am strong', 'I am weak', etc.
Joy	Experience an inner smile and happiness, pleasure, joy, love, bliss or well-being.	Can I find an inner smile or a sense of inner joy or well-being?
Witnessing & Pure Awareness	Witnessing Awareness: Connect with the part of you that is capable of witnessing your experiences. Pure Awareness: Discover awareness, the part of you that is always at peace and at ease.	Witnessing Awareness: Who is it that is aware of my body, my breath, feelings, emotions, and beliefs? Pure Awareness: Can I connect to the innate aspect of myself that is always at peace, no matter the circumstance?
Integration	Return to the waking state at the end of each practice. Integrate iRest into your daily life.	In this, and every moment, may I remember to feel my innate sense of well-being.



# What Happens During iRest?

During iRest, we observe and welcome various aspects of our waking existence, starting with the most gross form, the physical body, and then moving on through more subtle layers, such as the breath, feelings, emotions, beliefs, and joy. As we welcome everything that is present in the body and mind, our emotions and thoughts begin to grow calmer. In the process we discover and connect to the aspect of ourselves that is always peaceful and at ease.



*"Rest gives me a break from life, a moment of peace to gain a little more understanding to remember who I am inside. It has given me the hope and strength I needed to reconnect myself to the world again."*

*- US Marine, three tours in Iraq*



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