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Richard Miller, PhD, author of Yoga Nidra: The Meditative Heart of Yoga and Integrative Restoration iRest 6-CD Set, is a contemporary spiritual teacher of nondualism [countdown to first certificate: teacher's book.pdf](#)

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International Association of Yoga Therapists Integrative Restoration Institute Richard C. Miller, Ph.D. (born 1948) is a clinical psychologist, author,

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Richard Miller, PhD, Richard is the founding president of the Integrative Restoration Richard serves as a research consultant studying the iRest Yoga Nidra

### **The principles and practice of yoga nidra**

The Principles and Practice of Yoga Nidra Richard Miller, PhD. Yoga Nidra is derived from the ancient Tantric Shastras, and forms a complete program of deep

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### **About restful being**

Restful Being runs Oxford yoga James Reeves specialises in the iRest Yoga Nidra protocol, created by Richard Richard founded the Integrative Restoration

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Welcome Home | Integrative Restoration (iRest) Updated on 07/12/2015 at 12:07:14 Integrative Restoration Institute 900 5th Ave, Suite 204, San Rafael, CA 94901 (415

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and world renowned Richard Miller to the center. Richard Miller, PhD, Integrative Restoration: part series offered here by Richard. iRest Yoga Nidra

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Resting in Stillness: Integrative Restoration - iRest Yoga Nidra by Richard Miller PhD; first published 2008 by Anahata Press, ISBN 978-1-893099-09-8;

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iRest Yoga Nidra helps to foster profound physical, The name iRest, short for Integrative Restoration, created by Dr. Richard Miller, PhD.,

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### **Kripalu - richard miller**

Richard Miller. Richard Miller, PhD, iRest Yoga Nidra, Richard developed the nondual meditation protocol known as Integrative Restoration, or iRest,

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Richard Miller is the author of The Structure of Singing Yoga Nidra: A Meditative Resting in Stillness: Integrative Restoration

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Resting In Stillness: Your Path, Buddha's Path; Healing and Awakening through the meditative practices of Integrative Restoration iRest Yoga Nidra, 2009;

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### **Irest yoga nidra | yoga for wellness**

iRest Yoga Nidra is a profound, yet Yoga Nidra, Richard Miller, PhD. has developed a protocol for the contemporary western world called Integrative Restoration

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