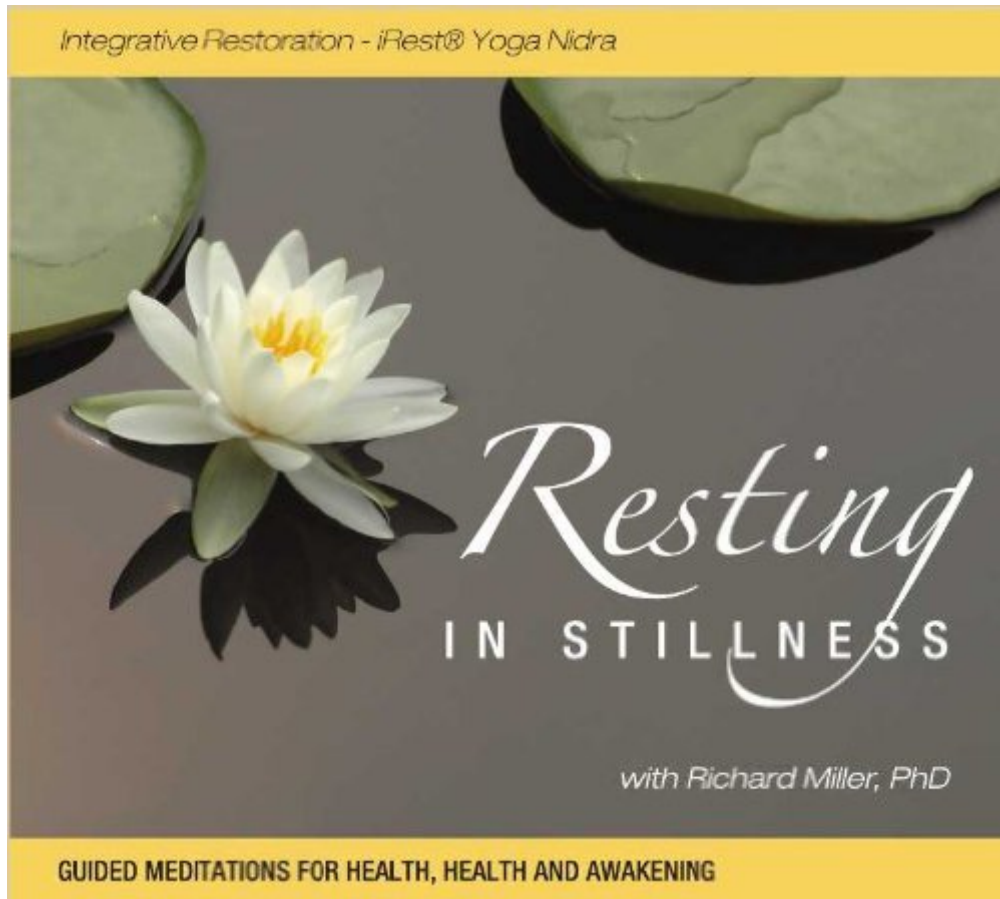


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# Resting In Stillness: Integrative Restoration - IRest Yoga Nidra



## Synopsis

In *Resting in Stillness: Integrative Restoration iRest Yoga Nidra*, Richard presents the actual practice of iRest Yoga Nidra Meditation in two formats; as a 35-minute extended meditation and as a 20-minute short form of iRest. Richard's soothing voice guides you through the 10-step process of iRest Yoga Nidra, which is currently being used in military settings to help soldiers and veterans heal through their PTSD, insomnia and chronic pain, as well as with the homeless, children, college students, people in substance abuse recovery, as well as students of yoga interested in the path of meditation and awakening to true nature.

## Book Information

Audio CD

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #265,931 in Books (See Top 100 in Books) #142 in [Books > Books on CD > Health, Mind & Body > General](#) #834 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

This CD is not by some amateur, Dr. Miller has done a lot of work using Yoga Nidra to help people suffering with Post Traumatic Stress Disorder. He has a shorter practice (20 minutes) and a longer practice (33 minutes) to suit your needs. I listened to this CD and fell into a deep, restful sleep! It has really helped me to relax my body and clear my mind before sleeping.

My husband and I both listen to this when we get home from work to relax. There are 3 Tracks on this CD: Track# 1 is an Introduction to iRest that is 7 minutes long. Track# 2 is called "Short iRest practice" and it's 20 minutes long. Track# 3 is called "Extended iRest Practice" and it's 33 minutes long. We both like the extended version and it is very relaxing, although the Short iRest practice is great if you want to relax before going somewhere and just don't have longer than 20 minutes to spare. I find listening to this CD relaxes me while I am listening to it and the benefits are ongoing. As

I go through my day, I find myself noticing things that used to bother me, irritate me or cause me mild anxiety and they just don't upset me anymore. I recommend this to anyone who wants to relax and/or is feeling anxious.

I've played this (usually the longer version) nearly every night since it arrived and it is now an essential part of my day. Very relaxing while at the same time prompting positive introspection.

This is a great product from the extremely calming voice of Richard Miller. Highly suggested for anyone who wants a Yoga Nidra session in their collection.

Best purchase I've ever made, my doctor recommended meditation as a way to let stress go at the beginning and end of the day. I wasn't to sure! But have fallen in love with this CD Richard Miller is wonderful!

Anyone with this much knowledge and skill could be making big \$\$ in the self-help world but instead Dr. Miller has chosen to help vets, the homeless, the sick, and others who most need support - and are all too often forgotten. That basic goodness carries through in his steady, kind voice, which in-and-of-itself is healing. Add to that a great deal of teaching practice over many years, and you have a CD that is a wonderful balance between information and effective guidance. One suggestion: as Dr. Miller himself states on the CD, don't hesitate to pause the CD to give yourself time to work with your own inner reality. If you need more information on how to work with this excellent material, I'd suggest Dr. Miller's book on using iRest (Integrative Restoration) for healing PTSD - which will add great clarity on what is being accomplished during this process and why. The book is applicable not only to PTSD, but any trauma or unwanted pattern that you need to heal.

This was not relaxing or helpful in anyway. He throws so many disjointed questions, challenges, and tasks at you during the "meditation" that it is impossible not to get lost in analysis and battling to rest. I cant believe and educated and experienced person would produce this and think that such an unfocused jumble would lead to relaxation or healing. Butchered Yoga nidra, anyone want a CD??His book is fine, but look elsewhere for rest.

I purchased this item for my husband, a retired physician, who is training to become an iREST facilitator. After meeting Dr. Richard Miller in person and attending other sessions with him, we have

been amazed at his years of dedication to this field of therapy. I have a doctorate in neuroscience; so, I see the accuracy of his evidence-based techniques and the results have been acclaimed. Many of his published articles and work with hospitals and universities are vital for today's society. My husband plans to work with military vets and those with chronic pain. His also has ideas from iREST to assist end of life patients. We look forward to Dr. Miller's continuation of meaningful meditative practices as he develops a program for school children in the near future.

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