

YOGA CORPS PRESENTS:
Introduction to Teaching iRest® Yoga Nidra in the Military
Teleconference Series
Starting January 20, 2010

Are you interested in teaching to the military and/or veteran community?

Learn the art and science of working in the military from experienced iRest meditation teachers who have years of experience teaching in this sector. Robin Carnes (working w/ active duty servicemembers in Washington DC), Karen Soltes (Washington DC VA) and Molly Asebey-Birkholm (Miami VA) will be hosting a seven-class teleconference series. The series will help prepare you for working in military and VA environments.

The following topics will be covered:

- Building a bridge between two worlds: Yoga & Meditation / The Military
- Understanding military culture: A primer
- Know your target population
- Common physical & psychological challenges service members face
- Suggestions for adapting the iRest practices for a variety of settings
- Ideas to help you establish a class in a military/VA facility

Prerequisites for this course: (one of the following)

Level I, II, or III iRest training,
Experience with yoga nidra,
or by permission of faculty.

Dates:

WEDNESDAYS: 11am-12: 30 pm (EST)

Jan. 20, 27

Feb. 3, 10, 17

March 3, 10

Optional Discussion Forums:

Every Thursday starting Jan. 21 through March 11. 7-8pm EST. (no forum will be held Feb. 25)

Cost: 7-class series (includes study materials):

If you submit payment prior to Dec 23, 2009 by:

<u>Check</u>	<u>through Pay Pal</u>
\$250	\$260

If you submit payment on Dec 23, 2009 or after by:

<u>Check</u>	<u>through Pay Pal</u>
\$270	\$280

(15% of proceeds are donated to Integrative Restoration Institute – IRI.)

**Please mail the completed form, liability waiver and a check (payable to Moving Circles, LLC.) to:

Emily Hain
8535 Elbow Key Ct.
Cape Canaveral, FL 32920-6200

Credit cards use www.paypal.com.

Click "Send Money" and send it to movingcircles@starpower.net. Robin Carnes, Moving Circles, LLC.

YOU STILL NEED TO MAIL YOUR REGISTRATION FORM AND LIABILITY WAIVER TO EMILY IF PAYING BY CREDIT CARD.

Spaces are held on a first-come-first-served basis when payment is received.

Depending upon demand, an evening class may be added. Please inquire if interested.

Questions: For more information, contact Emily by email at: yogacorpsreg@gmail.com

Richard Miller Endorsement:

"Teaching iRest Yoga Nidra to specialized populations such as Military requires skills beyond what we teach during our Level I and II trainings. These skills include how to: bridge world and cultural views; use language appropriate to military culture; meet specific challenges pertaining to Military populations; adapt scripts to fit individual and group needs; and much more. Robin, Karen, Molly and Pat are experts in the field, and present a rich kaleidoscope of information and techniques that will help you hone your skills and comfort level in bringing iRest to servicemembers, veterans and their families. The need is great, the opportunities many, the work important. I wholeheartedly support this program, and find myself gaining new insights every time I listen in on their teachings."

Military/VA Teleconference Series Registration Form

1. Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email: _____

2. Method of Payment: _____ Check for \$250 _____ Charge via PayPal \$260 (until Dec. 23rd)
_____ Check for \$270 _____ Charge via PayPal \$280 (after Dec. 23rd)

**Please mail the completed form, liability waiver and a check (made out to Moving Circles, LLC.) to Emily Hain – 8535 Elbow Key Ct., Cape Canaveral, FL 32920-6200. For credit cards, use www.paypal.com. Click “Send Money” and send it to movingcircles@starpower.net. Robin Carnes, Moving Circles, LLC. YOU STILL NEED TO MAIL YOUR REGISTRATION FORM AND LIABILITY WAIVER TO EMILY IF PAYING BY CREDIT CARD. Spaces are held on a first-come-first-served basis when payment is received.

3. Are you currently working with the military? If so, briefly describe your involvement? If not, what area of the military are you interested in working in?

4. What is it that you find compelling about working with the military?

5. Briefly describe your training as a yoga and/or meditation teacher.

6. How did you hear about this course?

7. Is there anything else you would like us to know about you or your interest in this course?

Refund Policy: Full refunds minus a \$50 administrative fee will be given prior to Jan 6, 2010. After that time, refunds will be given minus the administrative fee only if we can fill the opening. All refund requests should be directed to Emily – yogacorpsreg@gmail.com.