



Retreats and Trainings with Richard Miller 2009 Schedule

January

17-18 San Anselmo, CA
**INTRODUCTION TO INTEGRATIVE
RESTORATION: IREST YOGA NIDRA**
Yoga Garden • Janice Gates
(415) 485-5800
www.yogagardenstudio.com

February

1-6 Lenox, MA
**LEVEL I TRAINING
INTEGRATIVE RESTORATION:
IREST YOGA NIDRA**
Kripalu Center for Yoga & Health
(800) 741-7353 • www.kripalu.org

March

7-8 Los Angeles, CA
**INTERNATIONAL ASSOCIATION OF
YOGA THERAPISTS:
SYTAR CONFERENCE**
1) IREST FOR MENTAL & EMOTIONAL
HEALTH
2) IREST: AWAKENING IN TIMELESS
BEING
(928) 541-0004 • www.iayt.org

April

3-5 Chicago (Wilmette), Illinois
**INTRODUCTION TO INTEGRATIVE
RESTORATION: IREST YOGA NIDRA**
Generations Yoga Center
(847) 919-0533 • www.genyoga.com

21-26 San Rafael, CA
**LEVEL I TRAINING
INTEGRATIVE RESTORATION:
IREST YOGA NIDRA**
Santa Sabina Retreat Center
Center of Timeless Being: (707) 876-3380

May

21-31 San Rafael, CA
**TEN-DAY SILENT RESIDENTIAL
RETREAT: THE EASE OF BEING**
Santa Sabina Retreat Center
Center of Timeless Being: (707) 876-3380

July

19-24 Wolf Creek, Montana
FIVE-DAY VACATION RETREAT
Black Tail Ranch
(406) 442-8196 • www.featheredpipe.com

September

8-13 San Rafael, CA
**LEVEL II TRAINING:
INTEGRATIVE RESTORATION:
IREST YOGA NIDRA**
Santa Sabina Retreat Center
Center of Timeless Being: (707) 876-3380

October

22-29 Edmonton, AB, Canada
**EDMONTON RESIDENTIAL SILENT
RETREAT**
Yoga Association of Alberta
Anita Sielecki: (780) 432-7152

November

8-13 Austin, Texas
**LEVEL I TRAINING:
INTEGRATIVE RESTORATION:
IREST YOGA NIDRA**
Yoga Yoga
(512) 490-1200 • www.YogaYoga.com