



Integrative Restoration iRest Teacher Certification® FAQ's

What Is Certification?

The Center of Timeless Being (CTB) has created a comprehensive process by which the student of iRest can become a CTB Certified iRest Teacher®. Successful completion of this process indicates that the student has a basic understanding of the fundamental principles of iRest as well as the teachings that underlie iRest, and is competent in delivering iRest to various groups and individuals.

As a student of iRest, you are eligible to apply to the Certification process at any time following your Level I iRest Training, but must apply no later than 24 months after completing the Level II iRest Training. The Student must complete Level II Training, plus go through the certification process, in order to become certified.

Why Would I Want To Become Certified?

Certification allows you to use the designation *CTB Certified iRest Teacher*®. This designation may open doors for teachers who are taking iRest into various public, private and professional settings.

The Certification process ensures that all CTB Certified iRest Teachers are teaching a similar iRest protocol. This is important so that teachers involved in carrying out research on iRest are delivering a consistent iRest protocol.

iRest is becoming recognized for its unique contribution as a protocol that differs from other 'yoga nidra' based practices. The designation as a CTB Certified iRest Teacher gives assurance to the public that they are receiving the iRest protocol, rather than another version of yoga nidra.

CTB Certified iRest Teachers will:

- ✓ Be listed on the CTB website as a CTB Certified iRest Teacher.
- ✓ Have access to postings and requests from people seeking a qualified and certified iRest Teacher
- ✓ Be eligible for working on CTB iRest research projects
- ✓ Have access to publicity materials, training manuals, CDs and scripts that have been developed for specific populations

- ✓ Have access to advanced trainings that are only open to Certified Teachers, including Level III Trainings to become a CTB Certified Teacher Trainer®
- ✓ Be able to apply to become a CTB recognized iRest Mentor and/or Supervisor

What Does Certification Entail?

The Certification process requires a commitment by the student to:

- Undertake iRest as a personal practice
- Study the iRest Training Manuals in order to gain a clear understanding of the historical teachings and fundamental principles that underlie the practice of iRest
- Learn how to teach iRest to groups and individual

The Certification Process includes the following:

1. A take-home exam, which requires approximately 10-15 hours to complete
2. Journaling of the student's personal practice of iRest and their teaching experiences with groups and individuals
3. Five book reports on readings chosen from a required reading list
4. Submission of recordings of delivering iRest to a group and to an individual
5. Attendance at two or more CTB four-day (or longer) retreats led by an authorized Center of Timeless Being instructor, and written reports on two. Retreats attended prior to attending the Level I and Level II Training may be counted towards this requirement. Each retreat (regardless of length) counts as only one retreat. Please consult the iRest website (www.nondual.com) for listings of qualifying CTB retreats.
6. Supervision by a CTB iRest Certified Supervisor during the Certification process (up to 24 months).
7. Review of all iRest Certification Assignments by the CTB Supervisor and four (4) hours of personal interaction (by phone or in person)

with the Supervisor. The review of assignments and supervision by the CTB Supervisor leads to either a recommendation of the student for Certification or for further study. Please note that enrolling in the Certification process does not guarantee that the applicant will become a CTB Certified iRest Teacher.

8. Optional additional mentoring time with the Supervisor (beyond what is required by the Certification process) is available at the request of the Student at an additional per hour fee.

What Does Supervision Entail?

During the process of certification, CTB Supervisors review all Certification Assignments and provide feedback to student on their assignments. After each Submission of Assignments, Supervisors will contact their students to arrange Phone Meetings. During these Phone Meetings, Supervisors and students will review the Assignments. Each will bring attention to areas that need clarification or greater understanding. The primary focus of the Phone Meetings is to provide feedback and direction regarding the Certification Assignments.

What Am I Expected To Know and Be Able To Do In Order To Become a CTB Certified Teacher?

CTB Certified Teachers will be able to demonstrate the following:

1. A basic understanding of the foundational teachings, fundamental principles and 10 steps of iRest.
2. Personal experience of iRest.
3. A basic competency delivering iRest to groups in single or multiple-week sessions.
4. A basic competency delivering iRest in one-on-one sessions.

What Does Certification Cost?

The Certification fee is US\$1200. This fee may be paid as a lump sum, or in two equal instalments. The initial instalment of US\$600 must be paid before completion of the Level II Training. The second instalment is due at the time of the First Submission of Assignments, as laid out in the Certification Requirements.

Please Note: If you decide to enrol in Certification after attending the Level II Training, the total cost of Certification is US\$1500. The initial payment of US\$750 is then due upon enrolment in the Certification process.

How Do I Enrol?

Contact the CTB office (707-876-3380 or info@nondual.com) and indicate your interest in enrolling in Certification. Upon your decision to enrol in Certification, your initial payment may be submitted by check, money order or credit card. Upon receipt of your payment you will be sent the full list of Certification Assignments.

How Long Will It Take?

Students have 24 months to complete the iRest Certification process from the time of enrolment. If additional time is required, additional costs may apply.

What Are My Options If I Wish To Study iRest But I'm Not Sure I Want To Become A Certified iRest Teacher?

Certification is not the only option for continued study of iRest. CTB offers residential retreats of various lengths that are open to everyone. Retreat is a special time where we are supported to dive deeply into the personal experience of iRest within a safe and nurturing environment.

In addition, CTB offers discounted rates on iRest Level I and II Trainings to alumni of these Trainings. Many students have found that repeating (auditing) a Level I or Level II training can be of great benefit to their learning process.

Non-Certification Mentoring, which is independent of the Certification process, is available to all students of iRest and the nondual teachings. Please refer to the document entitled *CTB Mentoring* for full details. Individual Mentoring can address your specific questions and interests without requiring commitment to the Certification process. This may be a viable option to those interested in continuing to deepen their understanding and study of iRest.

Does Enrolling In Certification Ensure That I Will Become A CTB Certified Teacher?

iRest Certification is a professional designation for which students are required to meet a minimum standard that is determined by the CTB iRest Certification Committee. If the minimum requirements are not met during the initial 24-month certification process, the student may be asked to complete additional studies and participate in supplementary supervision. Additional costs will be assigned when studies go beyond the time as set forth in the Certification guidelines.