Join research-supported transformative practices that leads to psychological, physical and spiritual healing and well-being.

**Tuesdays noon – 12:50 pm**  
Jan 13 – Apr 21 (in CHHS 1021)  
Integrative Restoration  
iRest® Yoga Nidra

A guided meditation practice.  
Sit or lay comfortably.  
No special clothing required.  
No experience needed.

iRest® helps you relax deeply, release stress, increase resiliency, improve mindfulness and experience greater awareness in your life. For more information go to: www.irest.us

**Wednesdays noon – 12:50 pm**  
Jan 14 – Apr 22 (in CHHS 1021)  
Gentle Yoga  
and Stretching

Alignment-based gentle yoga postures.  
Stretch and Breathe.  
Wear stretchy or loose-fitted clothing.  
All levels welcome.

Gentle yoga helps you to improve strength, flexibility and balance. Nourish your intentions towards mindfulness and give your body and mind a midday break.

Instructor: Yvonne Unrau, Professor of Social Work, RYT 200, Level II iRest® Yvonne.Unrau@wmich.edu