



 <https://tinyurl.com/mv22fnas>

## **Practice and connect with Jen through:**

🌸 [jenbyogi.com](http://jenbyogi.com) / <https://linktr.ee/jenbyogi> (website with resources & offerings)

🌸 <https://www.youtube.com/@jenbyogi3733/streams> (Jenbyogi Youtube Channel)

🌸 <https://www.youtube.com/@TwoYogisTalking> (Two Yogis Talking about Life Youtube Channel)

🌸 <http://vivayalive.com/guides/5764/jen-baradi?referral=JenBaradi15> (online platform for wellness / yoga / meditation / coaching with live sessions and recordings)

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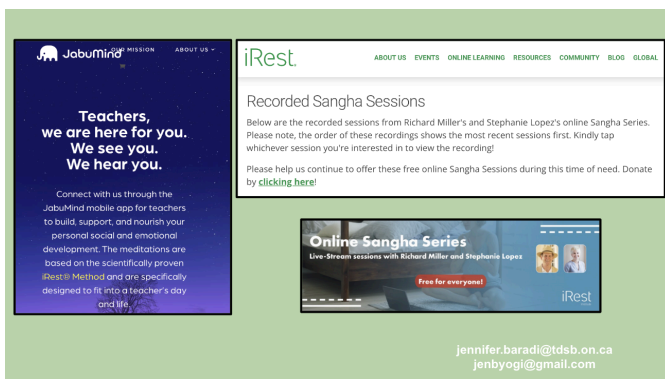
**\*OISE LINKS BELOW UPDATED - Oct 25, 2023:**

🌸 <https://www.oise.utoronto.ca/wellness/restorative-reset> (Restorative Reset)

🌸 <https://www.oise.utoronto.ca/wellness/past-recordings> (Restorative Reset - past recordings)

🌸 <https://www.oise.utoronto.ca/wellness/resources-students> (OISE Wellness Resources)

🌸 <https://www.oise.utoronto.ca/wellness/mindful-teacher-educator-series> (website with live sessions and recordings)



🌸 <https://jabumind.com> (meditation app for educators and students with recordings)

🌸 <https://shop.iorest.org/pages> (iREST® updated 09/20/2023)

🌸 <https://www.iorest.org/join-our-mailing-list> (iREST® meditations emailed regularly)

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## **Playlist:** (\*some artists / musicians who may be played during our sessions)

🌸 <https://www.municipalman.com/> (Mark C)

🌸 [https://youtu.be/3\\_1Wq0snhYk](https://youtu.be/3_1Wq0snhYk) (Beautiful Chorus)

🌸 <https://youtu.be/gPhZwWFJRXQ> (DJ Taz & Sol Rising)

🌸 [https://youtu.be/f1ds8p\\_UgfU](https://youtu.be/f1ds8p_UgfU) (Earth Rise Sound System, The Yoga Sessions)

## <https://www.jenbyogi.com/session-resources>

**\*If you're in need of further support for medical or mental wellbeing & health, please reach out to your local support teams. The attached document shares some based in Toronto and the vicinity. None are endorsed by OISE or Jenbyogi.**

GENERAL / ALL MEDICAL TELEHEALTH	MOBILE RESPONSE TEAMS	MENTAL HEALTH (CHILDREN)	MENTAL HEALTH (ADULTS)	ASSAULT	WITHDRAWAL
<a href="https://tshhealth.com/?p=65&amp;C=Qwec326RD44R8AAJNL3M_hgmUyYfR0mPCDn5F8Y5EaWW0oXy2KCz7SU0APdNPdR9onuOheaAloEA&amp;w=630">https://tshhealth.com/?p=65&amp;C=Qwec326RD44R8AAJNL3M_hgmUyYfR0mPCDn5F8Y5EaWW0oXy2KCz7SU0APdNPdR9onuOheaAloEA&amp;w=630</a> *What is the price? How much does Tia cost? Tia Health is covered by MSP and OHIP. Patients with a valid Ontario, Alberta, or British Columbia Health Card will not be charged. For other provinces, appointment pricing ranges, depending on the appointment type you select. There are no time-based fees or additional fees if an appointment lasts longer than expected. Appointments are also covered by OHIP, AHCP and MSP. A receipt is provided. Yearly and monthly membership plans are available through insurance brokers. *Is this legal? Yes. All of our doctors are Canadian licensed physicians. You can verify the status of their license and view their credentials on the college of physicians website for the province they are licensed. The city and province in which the physician practices is listed on their profile while navigating the booking process.	Toronto: 27 hr / 7 days Gerstein Centre Crisis Line: 416 929-5200 service borders: south to the lake, north to Eglinton, and then north to Highway 401 (between Bathurst and Bayview), east to Bayview to Danforth and then to Victoria Park, west to Islington Ave. St. Mike's Hospital Mobile Crisis Team via Police Department (911) accessible through police (no direct number). Response team consists of a police officer and a mental health nurse. St. Joseph's Hospital Mobile Crisis Team via Police Department (911) accessible through police (no direct number).	SickKids Centre for Community Mental Health (no emergency services) No review - Mental health service North York, ON (416) 524-1164	CAMH: Emergency Department (503) - Hospital department Toronto, ON Open 24 hours - (416) 979-6885 (30) - Hospital department Toronto, ON Open 24 hours - (416) 979-6885	Assaulted Women's Helpline: 416 863-0511; Toll-free: 1 866 863-0511. or text #SAFE (#7233) on Bell, Rogers, Fido or Telus). Free, anonymous & confidential 24-hour helpline for women in Ontario experiencing any form of abuse.	Crisis addiction services Toronto Withdrawal Management System For Toronto residents: 416 864-5040; Toll-free: 1 866 366-9513 Hours: 24/7, 365 days a year. Central Access is a primary point of entry into the Toronto Withdrawal Management Services system referral system for individuals 16 years of age and older (operated by St. Michael's Hospital).
<a href="https://www.uhn.ca/Patients/families/health_information/health_Topics/Documents/Guide_to_Finding_Mindfulness_Programs.pdf">https://www.uhn.ca/Patients/families/health_information/health_Topics/Documents/Guide_to_Finding_Mindfulness_Programs.pdf</a> GUIDE TO FINDING MINDFULNESS PROGRAMS - OHIP / & PAID		Kids Help Phone: 1 800 668-6868; Languages: English and French	Toronto Distress Centres: 416 408-4357 or 408-HELP	Assaulted Women's Helpline: TTY: 416.364.8762 & TTY Toll free: 1.866.863.7868 Phone: GTA- 416.863.0511 & toll free: 1.866.863.0511 <a href="http://www.awhl.org/">http://www.awhl.org/</a>	ConnexOntario: Provide free and confidential health services information for people experiencing problems with gambling, alcohol/drugs and mental health <a href="http://www.connexontario.ca/">http://www.connexontario.ca/</a>
<a href="https://startw@hmc.ca/wp-content/uploads/2016/04/mindfulness-well-being-resources.pdf">https://startw@hmc.ca/wp-content/uploads/2016/04/mindfulness-well-being-resources.pdf</a> - PAID GROUPS NON OHIP		Kids Help Phone: If you are a child or teen and need support, you can go to Kids Help Phone 1 800 668 6868 (voice) or chat online at <a href="http://www.kidshelpline.ca">www.kidshelpline.ca</a>	Community Crisis Line Scarborough and Rouge Hospital: 416 495-2891 for 24/7 telephone crisis support. Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park		
Telehealth Ontario at 1-866-797-0000		<a href="https://mindyourmind.ca/">https://mindyourmind.ca/</a> - mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 25 to co-create interactive tools and innovative resources to build capacity and resilience. Kids Help Phone at 1-800-668-6868 or texting CONNECT to 686868	Durham Crisis and Mental Health Line: 905 666-0483		
211 - call 2-1-1 or text 21166 (M-F 7am - 9pm) finding supports in the community such as food banks, housing and more. Toronto Public Health - (416-338-7600) Up-to-date Covid-19 information for the City of Toronto		Mental Health TO at 1-866-585-6486 for free phone or video mental health counselling for infants, children, youth and families	Oakville Distress Centre: 905 849-4541 for residents of Halton Region (Burlington, Halton Hills, Milton and Oakville)		
		Black Youth Helpline. Call 416-285-9944 Toll Free 1-833-294-8550 info@blackyouth.ca Everyday 9 am - 10 pm	Gerstein Centre: 416 929-5200		
		What's Up Walk-in® counselling sessions are available by phone & video NEW HOURS Monday - Friday 9AM - 7PM Call Mental Health T.O. at 1-866-585-MHTO (6486) to be connected to a counsellor.	ONTX Ontario Online & Text Crisis Services (2pm to 2am): It is very important that you register first for this service now before you are in a crisis. Information- <a href="http://www.dccontario.org/PDF/ONTX_information.pdf">http://www.dccontario.org/PDF/ONTX_information.pdf</a> To use online: <a href="http://idccontario.org/ontx.html">http://idccontario.org/ontx.html</a> or Text at 258258		
			Distress Centres of Greater Toronto - (416-408-4357 or text 45640) 24/7 support, 365 days a year, for individuals in crisis		

*\*The views, information or opinions expressed in the following content are intended for informational purposes only. They are not substitutes for professional medical advice, diagnosis, or treatment. Never ignore professional medical advice in seeking treatment because of something you may have read or heard at this session. If you think you have a medical emergency, call your medical doctor or dial 911.*



## Restorative Reset: Winter Sessions

❄️ Opening, Q&A (2 min.) ❄️ Closing, Q&A (2 min.)

❄️ Restore with iRest® Yoga Nidra Meditation (20-25 min.)

*Guided by my voice*

*Any position: sitting, laying down, standing, moving*

*All possibilities welcomed: asleep, resting, alert, awake*

*Discomfort? open eyes, ground feet, find movement*

❄️ Reset with Gentle Yoga Movements (2-5 min.)

*Standing / sitting, using any props for support*

*Modify if needed, follow advice of medical practitioners*

*Discomfort? rest in seat, find supportive movement*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

## Restorative Reset: Autumn Sessions

🍁 Opening, Q&A (2 min.) 🍁 Closing, Q&A (2 min.)

🍁 Restore with iRest® Yoga Nidra Meditation (20-25 min.)

*Guided by my voice*

*Any position: sitting, laying down, standing, moving*

*All possibilities welcomed: asleep, resting, alert, awake*

*Discomfort? open eyes, ground feet, find movement*

🍁 Reset with Gentle Yoga Movements (2-5 min.)

*Standing / sitting, using any props for support*

*Modify if needed, follow advice of medical practitioners*

*Discomfort? rest in seat, find supportive movement*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

04/03/2024

<https://www.irest.org/irest-10-step-protocol>

## The 10 steps of iRest

**1) Connect to Your Heartfelt Desire.** Bring to mind your heart's deepest desire - something that you want more than anything else in life that instills a sense of value, purpose, and meaning. Consider how does life want to live through you? Perhaps it is a desire for health, compassion, well-being, or awakening. Feel this heartfelt desire with your entire body while imagining and experiencing it in this moment as if it were true.

**2) Set an Intention.** Reflect on your intention for your practice today. It might be to relax and rest, or to inquire into a particular sensation, emotion, or belief. Or, you may reflect on intentions that will support living your heartfelt desire in everyday life. Whatever your intention, welcome and affirm it with your entire body and mind.

**3) Find Your Inner Resource.** Bring attention to your Inner Resource, a safe haven within your body where you experience a feeling of security, calm and well-being. How and where do you feel this in the body? If helpful, you may imagine a special place, person, or experience that helps you feel secure, at ease, and a sense of well-being. Feel into your Inner Resource at any time during your practice or in daily life even when you feel overwhelmed by an emotion, thought, or life circumstance and wish to feel secure and at ease.

**4) Feel Your Body.** Gradually move attention through your body while welcoming the various sensations that arise.

**5) Become Aware of Your Breath.** Sense the body breathing. Observe the natural flow of air in the nostrils, throat, and rib cage as well as the rise and fall of the abdomen with each breath. Feel each breath as flowing energy coursing throughout your entire body.

**6) Welcome Your Emotions.** Without judging or trying to change anything, welcome sensations and emotions that are present in your body and mind. Also notice opposite feelings and emotions. Sense both opposites simultaneously. Welcome everything just as it is.

**7) Witness Your Thoughts.** Notice and welcome thoughts, memories, and images that are present in your mind. Without judging or trying to change them, observe any thought, memory, or images and notice corresponding sensations in your body. Welcome your experience just as it is.

**8) Experience Joy.** Welcome sensations of joy, well-being, or bliss emanating from your heart or belly and spreading throughout your body and into the space around you. With every exhalation, experience sensations of warmth, joy, and well-being radiating throughout your body.

**9) Find Lasting Peace.** Set aside thinking and dissolve into Awareness, awake and conscious of the Self.

**10) Reflect on Your Practice.** As you complete your practice, reflect on the journey you've just taken. Recognize the feeling of peace that is always present. Integrate this into your everyday life, in both pleasant and difficult moments.

<https://www.irest.org/newsletter/201704/37Greeting/WelcomeJCabanero>

# Greeting

by Jennifer Cabanero

There is a poem by Rumi called, “Guest House” that begins, “Every morning a new arrival. A joy, a depression, a meanness, comes as an unexpected visitor. Welcome and entertain them all, even if they are a crowd of sorrows, who violently sweep your house empty of its furniture...” It’s through the practice of iRest meditation that we learn how to compassionately greet all these aspects of our self. We also grow our ability to greet the other people in our lives with kindness and curiosity.

<https://grateful.org/resource/guest-house-rumi/>

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they’re a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

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From *The Illuminated Rumi*.

<https://www.irest.org/event/2023-may-irest-retreat-richard-miller-and-ford-peck>

iRest®

[ABOUT US](#) [EVENTS](#) [MY PRODUCTS](#)

[Read our important COVID-19 updates regarding our In-person](#)

## Returning to Source: The Depth Teachings of Meditation with Richard Miller & Ford Peck

May 8—13, 2023

<https://www.eventbrite.ca/e/canaaf-navigate-with-confidence-a-mental-health-wellness-workshop-tickets-790249847567>

## Canadian National Alopecia Areata Foundation

\*If you or someone you know is experiencing Alopecia hair loss

### April 2024 Event: Navigate With Confidence

#### Navigate with Confidence: a Mental Health Workshop



**Saturday, April 20th, 2024, 9:30 AM – 4:00 PM**  
**Toronto Metropolitan University Student Centre**  
**63 Gould Street, Toronto, Ontario, M5B 1E9**

Join us at Toronto Metropolitan University Student Centre for this special day dedicated to building resilience, sharing mental health support and facing the world with confidence! Lunch and snacks included.

This important event will bring together children, teens and adults living with alopecia areata, along with their families and loved ones.

Participants will hear success stories from keynote speakers and community members, attend art and music therapy, guided meditation, therapist-led breakout groups, photobooth, and much more!

[View the Itinerary](#)

[Register Now!](#)



# Updated: Here are your OISE Wellness Weekly Reminders for the week of April 1-5, 2024 (\*emailed from oise.wellness@utoronto.ca)

We hope you are well rested after a long weekend. Here are your OISE Wellness reminders for this week: April 1-5, 2024

*Of special note this week:*

Join us for our last week of **Restorative Reset with Jennifer Baradi** | every Wednesday | 12:20 – 12:50 pm | HYBRID | OISE | Room 12-115 | [REGISTER HERE](#) | [Listen to past recordings](#)

**ROSE** offers the following weekly workshops **\*This is the last week of this offering\***:

- **It's a Stretch: Mindful Movement** | Jiali Bin | Weekly on Mondays | 2:00 pm | [Find out more](#)

**U of T's Student Life** is offering the following upcoming workshops:

- **Better Coping Skills: Balanced Thinking** | April 4, 2024 | 11:00am - 12:30pm | Online | [Register](#)
- **How to Confront Imposter Phenomenon as Racialized Students** | April 9, 2024 | 11:00am - 12:00pm | Online | [Register](#)
- **Breathe Well** | April 9, 2024 | 3:00pm - 4:00pm | Online | [Register](#)

**\*\*New Series Announced\*\*** **Embodying Regenerative Hope: Learning-Practices for Wellbeing, Peace and Resilience** | Danielle Denichaud | April 10, 17, 24; May 1, 8, 22, 29; June 5 | 4:00 – 6:00 pm | [Find out more](#)

**Happening elsewhere on campus: Healing Songs: An evening filled with Indigenous music, mindfulness, drum and dance** | April 6, 2024 | 5:00 – 8:30pm | [Register](#)

A special event for students, faculty and the public at the University of Toronto that brings together music, song, spoken word, drum and Anishinaabe dance into an immersive experience of Buddhist Wisdom and Dharma.

Join us every week for **The OISE Wellness Half Hour**. It is a dedicated time slot every Wednesday from 11:30am to 12:00pm, where staff and faculty are encouraged to prioritize practices that enhance their personal wellness. The goal of the initiative is to provide an opportunity for the OISE community to prioritize self-care, reduce stress, and restore energy. [Find out more and register for the available events.](#)

- **Get up and Dance** | Room 12-115 | [Register](#)
- **Games Room Social** | 8<sup>th</sup> floor open space | [Register](#)

- Rise & Realign | Room 12-117 | [Register](#)
- 

## Registrar's Office & Student Experience (ROSE) sponsored Wellness Activities

The ROSE team offers wellness activities for students. Find out more below.

### WEEKLY WORKSHOPS

**\*\* LAST WEEK\*\*** **It's a Stretch: Mindful Movement** | Jiali Bin | Weekly on Mondays | 2:00 pm | [Find out more](#)

Drop in every Monday to deepen your Yoga-based mindfulness practice. Jia will guide you through gentle Yoga stretches, help you hone your contemplative techniques, offer guidance on focused breathing, and provide insights into achieving a state of present awareness. Stretch your mind with your body!

Join us to cultivate a centered, calm, and present state of being!

You are welcome to drop in at any time during the session, but please enter the space quietly if we are already underway.

Zoom link: <https://utoronto.zoom.us/j/84373385869#success>

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## WEEKLY OPPORTUNITIES FOR PRACTICE

Join us for weekly drop-in sessions to help you reconnect with your body, mind, and emotions. Learn techniques, including mindfulness and yoga, for increasing our capacity to be reflective, strengthen our resilience, and improve our relationships with others.



### FOR ALL MEMBERS OF THE OISE COMMUNITY

**\*\*LAST WEEK\*\*** Offered every Wednesday, 12:20 pm - 12:50 pm from January 17 – April 3, 2024 | [REGISTER HERE](#) | [Listen to past recordings](#)

Facilitator: Jen Baradi

Feeling stressed and burned-out from teaching and learning? Looking for a way to connect with other educators, teachers, and teacher candidates to share experiences and understandings?

Let's reset together with a 20-minute practice, focusing on either meditation, mindfulness techniques, chair yoga, or vinyasa, and also, connect as a community of educators with a 10-minute discussion. As participants may have classes or meetings scheduled, they may arrive or depart quietly and respectfully during the session.

If you haven't had a chance to attend our sessions, you can access all of our past session online here: [Listen to past recordings](#)

## U of T RESOURCES for FACULTY & STAFF

### THE OISE WELLNESS HALF HOUR

We are delighted to continue the OISE Wellness Half Hour, a new initiative shaped by our collective efforts and the Institute's commitment to supporting the community's well-being. The OISE Wellness Half Hour is a dedicated time slot **every Wednesday from 11:30 am to 12:00 pm**, where staff and faculty are encouraged to prioritize practices that enhance their personal wellness. The goal of the initiative is to provide an opportunity for the OISE community to prioritize self-care, reduce stress, and restore energy.

We are pleased to offer the following weekly activities for staff and faculty every Wednesday:

- Get up and Dance | Room 12-115 | [Register](#)

Take a break and meet us on the dance floor! Join our very own CAO, Helen Huang, as she leads participants through some simple, easy-to-follow line dance moves. During this half hour break, take some time to socialize with your colleagues and release some energy through some movement and guaranteed laughter. *Please note: These sessions will take place in Room 12-115 until the end of the term.*

- Games Room Social | 8<sup>th</sup> floor open space | [Register](#)

Step into a retreat of fun and team-building within our games room lounge, where OISE's faculty and staff gather to unwind, co-operate, and compete every Wednesday from 11:30am-12:00pm.

- Rise & Realign | **12-117** | [Register](#)



[OISE RESTORE RESET 23 24 SHARED RESOURCES](#)  [jenbyogi@gmail.com](mailto:jenbyogi@gmail.com) / [jenbyogi.com](http://jenbyogi.com)

Awaken and realign the body and mind with a grounding meditation, nourishing breath practice, and supportive movement. Ease any stress or strain, maintain energy, enhance wellbeing, and perhaps feel a sense of wholeness.

Alternatively, we hope you are using this time for your personal wellness practices. Whether it's taking a walk in nature, reading a book, practicing deep breathing exercises, or any other activity that rejuvenates your mind and body.

For more information and to sign up for weekly events, please visit <https://www.oise.utoronto.ca/wellness/oise-faculty-staff-wellness-activities>.

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## INTEGRATED WELLNESS - WELLNESS HUB

Part of [The Division of People Strategy, Equity & Culture](#), University of Toronto

Organized by Integrated Wellness, the Wellness Hub offers a variety of ongoing tri-campus services, supports, and resources to advance employees' physical, emotional, social, and financial well-being. [Browse the Wellness Hub](#).

Be sure to sign up for their e-newsletter with loads of great information. Subscribe by emailing Wellness Listserv and put "Subscribe" in the subject line.

Supports continue to be available to you, including the university's [Employee & Family Assistance Program](#). The Division of People Strategy, Equity & Culture has compiled [a list of other wellness resources available to the community on its website](#); this list is updated frequently.

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## 2023/24 OISE WELLNESS - THE MINDFUL TEACHER/EDUCATOR LUNCH & LEARN SERIES

Our **Mindful Teacher/Educator Lunch & Learn session** has now concluded. But if you missed our previous session, you can view them online at

<https://www.oise.utoronto.ca/wellness/mindful-teacher-educator-series>

- Jennifer Baradi: The Mindful Teacher | [Watch the session](#) | [Read the Transcript](#) | [View Jen's Shared Resources](#)
  - Shelley Murphy: Trauma-Sensitive Mindfulness for Classrooms | [Watch Recording](#) | [Read the Transcript](#)
  - Elli Weisbaum: Building & Broadening Resiliency: Integrating Mindfulness into Education – An Introduction | [Watch Recording](#) | [Read the Transcript](#)
- 

**Academic Social Club (AcSoc)**

[OISE RESTORE RESET 23 24 SHARED RESOURCES](#) ✉ [jenbyogi@gmail.com](mailto:jenbyogi@gmail.com) / [jenbyogi.com](http://jenbyogi.com)

OISE's Academic Social Club is a peer-led group that organizes social events, curated academic and professional development activities, hosts student-focused discussions, and leads (virtual!) excursions throughout Toronto. This student community also shares information about activities, events, and services relevant to graduate students at OISE. Events are low-or-no-cost and membership is free!

Follow them on [Facebook](#), [Instagram](#), or [sign up](#) for updates and reminders.

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## RESOURCES for STUDENTS



Navi is your source for mental health resources and now provides information on where to find general U of T information including Admissions, Housing, Financial Aid, Careers, Getting Involved and more.

To use the tool visit [uoft.me/navi](https://uoft.me/navi)



### SGS Resources & Supports

U of T is full of resources to help you at every phase of your graduate student journey. The School of Graduate Studies has curated a collection of resources and supports for graduate students. Please visit their website at <https://www.sgs.utoronto.ca/gradhub/resources-supports>



### Student Life - Health & Wellness

Student Life provides a range of health services for students physical and mental health, wellness programs and information to help support students in achieving their personal and academic goals. These services are available to all University of Toronto students.



### Student Mental Health Resource

No matter where you are on the mental wellness continuum, from being proactive about your mental well-being to feeling stressed or needing urgent help, U of T is here to support you. We are actively engaged in your mental well-being and want to empower you to discover the resources you need to feel and do your best. Whether it's a bad day, a break-up, a life changing event or an urgent crisis, we are always here and can help you take your first step on your mental health journey. Find out more at: <https://mentalhealth.utoronto.ca/>



### Grad Minds

Grad Minds promote well-being and provide mental health education through programs, initiatives, and events, with a focus on developing psychological resilience, personal skill development, self-care practices, and de-stigmatizing mental health problems.

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## CO-CURRICULAR CREDIT OPPORTUNITIES for STUDENTS

### Cultivating Personal Health & Wellness through Mindfulness

***\*\*This program is only available to OISE Students \*\****



The Cultivating Personal Health & Wellness through Mindfulness program is an opportunity for students to become aware of, develop knowledge about, and practice mindfulness for their overall health and well being. The program is intended to improve one's general well-being to impact both their academic and personal lives. Successful students will have attended 10 or more of the available OISE Wellness sessions throughout their time at OISE. Students can view up to 5 recorded sessions as part of the 10-session requirement. Sessions can include Lunch & Learn sessions, weekly practice opportunities, Community of Practice sessions, or other pre-approved activities for this program. There is no time limit to completing the program as long as you are a registered student. This opportunity is available to all OISE students. [Find out more](#)

03/27/2024

## Changing Perceptions / Koshas

**“Homeostasis ... in all its expressions – has balance as its signature ... balancing opposing activities and nurturing that sensitive equilibrium known as homeostasis.”** Jeff Krasno, *Commune Podcast*, March 15, 2024

🦋 **Practice: Welcoming Messengers:** During iRest meet every experience as messengers. Allowing each perception / layer / sheath / kosha to unfold completely, just as it is, including:

- Body
- Breath
- Emotions
- Cognitions
- Joy
- I-self

🦋 Any position: *sitting, laying down, standing, moving*

🦋 All possibilities welcomed: *resting, alert, awake*

🦋 Discomfort? *open eyes, ground feet, find movement*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

<https://www.resources.soundstrue.com/transcript/welcoming-whatever-arises/>

## Welcoming Whatever Arises

Tami Simon interviewing Richard Miller



Today, Richard and I spoke about iRest Meditation for working with military personnel to heal trauma and PTSD. We also explored some of the core principles of iRest Meditation, including learning to welcome all experience and understanding what Richard calls “the law of awareness.” Finally, Richard took us through an iRest meditative practice in which we discovered an inner somatic resource and learned to simultaneously welcome opposite feelings—and the impact doing so has on our state of being. Here’s my conversation with Richard Miller:

03/20/2024

## Breath Sensing / Pranayama

**“Focusing on the breath in this way helps to deactivate your brain’s default network, which allows you to locate yourself in space and time ... enables you to release obsessive thinking; it also activates your parasympathetic nervous system, encouraging your mind and body to relax.”** Dr. Richard Miller, *Yoga Journal*, October 2016

🦋 **Practice 1: Observe Your Inhalations And Exhalations**

**Practice 2: Observe Flows Of Sensation And Energy**

**Practice 3: Count Your Breaths**

🦋 **Any position: *sitting, laying down, standing, moving***

🦋 **All possibilities welcomed: *resting, alert, awake***

🦋 **Discomfort? *open eyes, ground feet, find movement***

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

<https://www.irest.org/newsletter/201612/32SanghaGiving/BreathYJRMiller>

iRest.



Tune in to your breath to find inner peace

**Meditating on your breathing can help you feel calm, grounded, and connected**

*This article was featured in Yoga Journal, October 2016 as part of a meditation series by Richard Miller. This is his fifth in a series of 10 columns designed to help you create a lasting and impactful meditation practice.*

**By Richard Miller, PhD**

### EXPERIENCE BREATHSENSING

Introduce breathsensing during the first several minutes of your daily meditation practice. Start with Practice 1, below; as you feel calmer and more comfortable, move on to the more advanced second and third practices. Then, interweave breathsensing into your daily life by remembering to tune in to your breathing patterns throughout the day. If you wish, set your watch or phone to beep at regular intervals, such as every hour, as a reminder to stop whatever you're doing and check that your exhalation is smooth, steady, and slightly longer than your inhalation.

<https://www.cnn.com/cnn-underscored/health-fitness/mouth-taping-for-sleep>

# Does mouth taping for sleep actually work? We asked healthcare experts

By Sophie Shaw, CNN Underscored

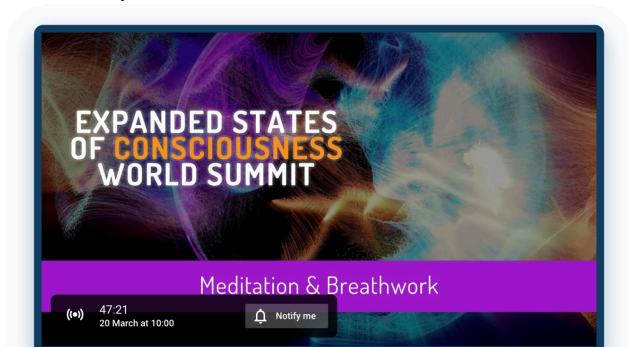
Published 9:10 AM EST, Tue March 5, 2024

- **Improved nasal breathing.** The key benefit to mouth taping is that you breathe through your nose instead of your mouth, which is the catalyst of a number of other purported benefits. For example, Fraundorf says, "Through nasal breathing, you also produce a gas called nitric oxide, which increases blood flow, lowers blood pressure and improves brain function."
- **Increased oxygen intake.** "Nasal breathing activates your lower lungs, letting you take deeper, fuller breaths, therefore getting more oxygen," Fraundorf explains. Wei adds that this improved oxygen intake is accompanied by better filtration of air and better carbon dioxide elimination compared to mouth breathing.
- **Reduced snoring.** According to Wei and Fraundorf, breathing through the nose may eliminate or reduce snoring, leading to more sound sleep for the individual using the mouth tape and their sleep partner.
- **Bruxism prevention.** "In some cases, mouth taping can help prevent teeth grinding (bruxism) by encouraging proper mouth and jaw positioning during sleep," Wei says. However, the dentist warns that those with temporomandibular joint (TMJ) disorders or jaw pain should avoid mouth taping, as it may increase tension in the jaw muscles and worsen their symptoms.
- **Improved oral hygiene.** Fraundorf cites reduced mouth dryness, fewer cavities and decreased risk of gum disease as positive outcomes of mouth taping.
- **Better breath.** According to the oral health experts, bad breath and tooth decay are linked to mouth breathing because it can allow bacteria and viruses to enter your system, thus nasal breathing promotes better breath.
- **Better sleep, and therefore, higher energy.** Because mouth taping may improve sleep quality, Fraundorf says related benefits like increased REM sleep, higher energy in the morning, improved cognitive function and reduced anxiety may be secondhand results.

<https://www.expandedstatesworldsummit.com/>



Daily Meditation & Breathwork Session



<https://www.theyogaconference.com/toronto/free-show-pass>

March 22 - March 24 2024 • METRO TORONTO CONVENTION CENTRE



03/06/2024

## Self-Soothing

❄ Intention: (*\*any variation that feels right for you*)  
*Self-care and deeply connecting to the body & mind.*

❄ 5-7 minutes: *slowly 1)stroking palms of hands*  
*2)hands stroking shoulder to wrists 3)fingers stroking forehead*

❄ Any position: *sitting, laying down, standing, moving*

❄ All possibilities welcomed: *resting, alert, awake*

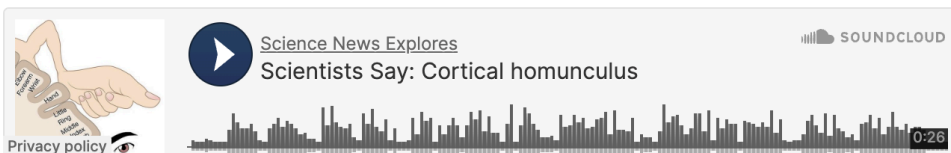
❄ Discomfort? *open eyes, ground feet, find movement*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

<https://www.snexplores.org/article/scientists-say-cortical-homunculus>

By **Bethany Brookshire**

March 16, 2015 at 1:22 pm



**Cortical homunculus** (noun, “CORE-tick-uhl ho-MUN-cuh-luhs”)

The cortical homunculus is an illustration that represents how the brain senses and controls different parts of body. There is one of these maps for our movements. There’s another for our sense of touch. In the cortical homunculus, the size of a body part in the picture corresponds to the amount of the brain devoted to it. So the lips — which are very sensitive to touch and have a lot of space set aside for them in the



<https://brainmapper.org/>

## The Homunculus Mapper

*Map your own brain in 10 minutes or less*

Take sensitivity measurements and enter them into the web page to make your very own cortical homunculus.

Map your brain

This experiment was developed as a neuroscience outreach tool by Dr. Rebekah Corlew and Theo Walker of the Fitzpatrick Lab at the Max Planck Florida for Neuroscience in Jupiter Florida. Dr. Corlew recently appeared at TEDxbocaratton to talk about the experiment and about encouraging scientific engagement for people of all ages. [Watch her talk here](#).



Cortical Homunculus

<https://www.scientificamerican.com/article/how-our-team-overtuned-the-90-year-old-metaphor-of-a-little-man-in-the-brain-who-controls-movement1/>

### OPINION

APRIL 21, 2023 | 7 MIN READ

## How Our Team Overtuned the 90-Year-Old Metaphor of a 'Little Man' in the Brain Who Controls Movement

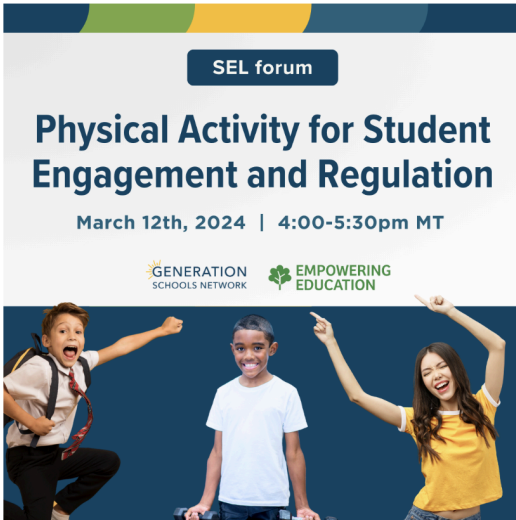
A pillar of every neuroscience textbook, the classic "homunculus" has just gone through a radical revision

BY NICO U.F. DOSENBACH





<https://empoweringeducation.org/workshops/>



## Physical Activity for Student Engagement and Regulation

Date: March 12, 2024

Schools can create a learning environment that offers many opportunities for students to be physically active throughout the school day.

This forum will go over the 5 components of a comprehensive school physical activity program (CSPAP), the national framework for physical education and youth physical activity.

Join us in exploring how a comprehensive approach to physical activity can increase student engagement and help students stay mentally and emotionally regulated.

REGISTER

[https://us02web.zoom.us/webinar/register/7517059379966/WN\\_bgY5yMIGSgqukuhX2cjGPQ?utm\\_campaign=Webinar&utm\\_medium=email&\\_hsmi=295905568&\\_hsenc=p2ANqtz--Zc1grKszftjChnTmnFrGZ0O8ZeEQOGkh3-l-wxMdwZAx2bu6BxeBFLC7SdaSpamWrT9RkoCx2aUcMZjWPWpPHrii1-A&utm\\_content=295907053&utm\\_source=hs\\_email#/registration](https://us02web.zoom.us/webinar/register/7517059379966/WN_bgY5yMIGSgqukuhX2cjGPQ?utm_campaign=Webinar&utm_medium=email&_hsmi=295905568&_hsenc=p2ANqtz--Zc1grKszftjChnTmnFrGZ0O8ZeEQOGkh3-l-wxMdwZAx2bu6BxeBFLC7SdaSpamWrT9RkoCx2aUcMZjWPWpPHrii1-A&utm_content=295907053&utm_source=hs_email#/registration)



REGISTER FOR FREE

**Webinar Details:**

 Date: March 21, 2024

 Time: 2 PM EST

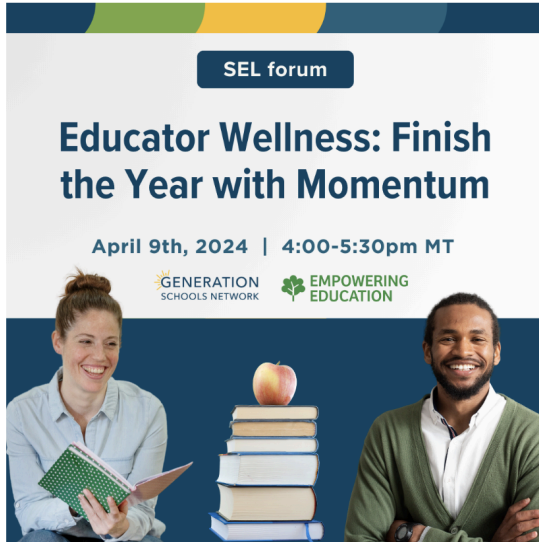
 Location: Your favorite comfy chair!

[OISE RESTORE RESET 23 24 SHARED RESOURCES](#)



[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com) / [jenbyogi.com](http://jenbyogi.com)

## <https://empoweringeducation.org/workshops/>



### **Educator Wellness: Finish the Year with Momentum**

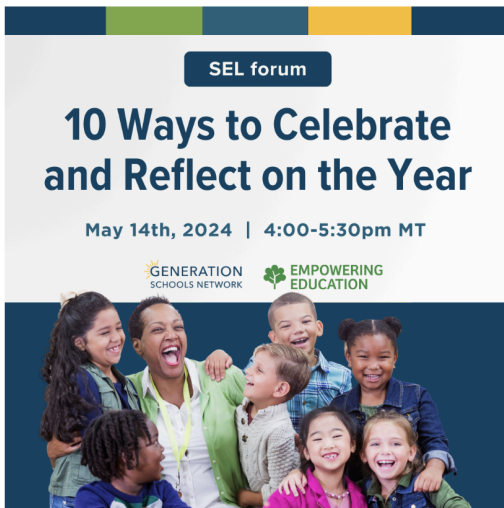
**Date:** April 9, 2024

Health and wellness goes beyond individual self-care. What happens at the organizational level also affects the health of individuals and the community.

This forum will explore research-based organizational approaches to educator health and wellness as well as ways each of us can build our resilience.

Join us for strategies to help you finish this year strong and start the conversation for future system-change work!

**REGISTER**



### **10 Ways to Celebrate and Reflect on the Year**

**Date:** May 14, 2024

Before summer break begins, it's important to set students up for a successful transition into the next school year.

Transition comes easier for some than others. Some students will grieve the loss of a stable environment and positive adults. Some students will need existing support firmly established and clearly explained.

Join us in a discussion about celebrating the year's accomplishments, ensuring students have support set up for next year, and sharing summer resources with families and students.

**REGISTER**

[https://instituteofchildpsychology.com/conference-registration\\_-sneak-peak\\_feb20/?mc\\_cid=7857cba7f9&mc\\_eid=7b81ead404&mc\\_cid=7857cba7f9&mc\\_eid=7b81ead404](https://instituteofchildpsychology.com/conference-registration_-sneak-peak_feb20/?mc_cid=7857cba7f9&mc_eid=7b81ead404&mc_cid=7857cba7f9&mc_eid=7b81ead404)



Institute of  
Child Psychology

**SPRING PARENTING & MENTAL HEALTH SUMMIT**

*April 9-12*

**Watch An Exclusive Sneak Peek  
Of Our Spring Summit Below!**

Register now for **FREE** for our **2nd Annual Parenting & Children's Mental Health Summit**, happening from **April 9th to 12th!**

02/28/2024

## Solemn Vow / Sankalpa Review

*“... in iRest, Sankalpa is explored as three distinct steps – the Heartfelt Desire, reflecting our heart’s longing and what we deeply wish for our lives – how does life live through you? The Intention for the practice today, and also, uniquely, we cultivate an Inner Resource – a safe haven within your body where you experience a feeling of security, calm and well-being.”* Fuyuko Toyota, Senior iRest® Teacher

e.g. ❤️ If Heartfelt-desire is: Radiating love and joy (in everything & with everyone).

> ❤️ Perhaps Intention may be: Feeling perfect & whole.

If: Sharing creativity and openness. > Perhaps: Feeling spacious & timeless.

If: Serving compassionately. > Perhaps: Feeling connected.

e.g. ❤️ Access Inner Resource with imagery enlivened by five senses:

(places (real / imagined / familiar / nature), memories (past images / life's moments), activities, loved one / fur-friend, symbol, & it's acceptable, if there are no images)

❤️ When to remember Sankalpa? little & often; starting the day / throughout the day (e.g. while sensing if decisions feel right) / ending the day (\*feeling it in the body)

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

<https://theyogalunchbox.co.nz/cultivating-unshakeable-peace-wellbeing-with-irest-yoga-nidra-an-interview-with-fuyuko-toyota/>

CULTIVATING UNSHAKEABLE PEACE & WELLBEING WITH IREST YOGA NIDRA: AN INTERVIEW WITH FUYUKO TOYOTA

FEBRUARY 6, 2020 BY GUEST AUTHOR — 1 COMMENT



Fuyuko Toyota, certified iRest® Yoga Nidra Senior Trainer, Retreat Leader and Supervisor and Mentor.

*“... in iRest, Sankalpa is explored as three distinct steps – the Heartfelt Desire, reflecting our heart’s longing and what we deeply wish for our lives – how does life live through you? The Intention for the practice today, and also, uniquely, we cultivate an Inner Resource – a safe haven within your body where you experience a feeling of security, calm and well-being.”* Fuyuko Toyota, Senior iRest® Teacher



02/21/2024

## Living with Intention

*“Intentions are made up of both short and long term vows that help you harness your desire to achieve specific outcomes or goals.”* Dr. Richard Miller

How to discover?

♥ Invite a statement of Intention for this moment / practice, that  
Invite an intention: concrete statement / phrase, in present tense, using principal senses  
(seeing, hearing, sensation / feeling), supporting you in fulfilling your Heartfelt desire  
(purpose / mission / core value / dharma). \*acceptable, if not sure yet

e.g. If Heartfelt-desire is: Radiating love and joy (in everything & with everyone).

> Perhaps an intention may be: Feeling perfect & whole.

If: Sharing creativity and openness. > Perhaps: Feeling spacious & timeless.

If: Serving compassionately. > Perhaps: Feeling connected.

When to remember Intention? *starting the day / throughout the day (e.g. while sensing if decisions feel right) / ending the day (\*feeling it in the body)*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

[https://youtu.be/Fm1HUbM\\_AbA](https://youtu.be/Fm1HUbM_AbA)



**Panel Discussion: Mindfulness in the Education System in Canada: How integrated is it so far?**

**\*You can watch the recording here**  
**[https://youtu.be/Fm1HUbM\\_AbA](https://youtu.be/Fm1HUbM_AbA)**

Additionally, here are the links that Seonaigh wanted to share with you:

See 2023 co-authored book with Dr. Patricia Rockman, *Mindfulness-Based Teaching and Learning: Preparing Mindfulness Specialists for Education and Clinical Care*, Routledge:

<https://www.routledge.com/Mindfulness-Based-Teaching-and-Learning-Preparing-Mindfulness-Specialists/MacPherson-Rockman/p/book/9781032018928>

See 2022 article on a new MBTL competency framework in *Journal of Professional Development in Education*.



<https://www.tandfonline.com/eprint/XS5RSADKTMJWTQPYH8UB/full?target=10.1080/19415257.2022.2143863>

See 2023 Mindfulness and Compassion in Response to Racism co-authored article w/ Rosemina Munjee:

<https://www.tandfonline.com/doi/full/10.1080/15595692.2023.2254873>

1. MacPherson, S., & Rockman, P. (2023). *Mindfulness-based teaching and learning: Preparing mindfulness specialists in education and clinical care*. Routledge.
2. MacPherson, S., Grabovac, A., Collins, E., Heah, T., Rockman, P., & Winston, D. (2022). Transprofessional competencies across clinical, organizational, and educational professions: The case of mindfulness-based teaching and learning (MBTL). *Professional Development in Education*, <https://doi.org/10.1080/19415257.2022.2143863>
3. Munjee, RM, & MacPherson, S. (2023). Mindfulness and compassion in response to racism. *Diaspora, Indigenous, and Minority Education*, <https://doi.org/10.1080/15595692.2023.2254873>

Please visit our website: [www.mindfulnesscouncil.ca](http://www.mindfulnesscouncil.ca) and consider joining our community if you haven't already done so. Please also consider [making a donation](#) to support our work.

Thank you so much for supporting this initiative, Natanya

[https://www.livingajoyfullifesummit.com/home?r\\_done=1](https://www.livingajoyfullifesummit.com/home?r_done=1)

---

[Learn More and Get Free Access February 21–25 >>](#)



The Living a Joyful Live Summit, produced by our friends at Wisdom for Life, will feature an amazing lineup of renowned experts, including:

Tara Brach, Sharon Salzberg, Jack Kornfield, Rick Hanson, Kristin Neff, Christopher Germer, Daniel Goleman, Yongey Mingyur Rinpoche, Trudy Goodman, Dan Siegel, Joseph Goldstein, Krishna Das, Terry Real, Rhonda Magee, Richard Davidson, Robert Thurman, Seane Corn, Elissa Epel, Norman Fischer, and many more!

[OISE RESTORE RESET 23 24 SHARED RESOURCES](#)



[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com) / [jenbyogi.com](http://jenbyogi.com)

02/14/2024

## Intention: Loving-kindness

“Loving-kindness is realizing how interconnected all of our lives are. In this state, we come to see how things we love and the choices we make ripple outwards.”

RESOURCE: A Guided Loving-Kindness Meditation with Sharon Salzberg, Mindful, Sharon Salzberg

How to discover?

💖 Invite a statement of Intention for this moment / practice, that supports you in fulfilling your Heartfelt desire (purpose / mission / core value / dharma). \*acceptable, if not sure yet

e.g. If Heartfelt-desire is: *Radiating love and joy (in everything & with everyone)*  
Perhaps an intention may be: *May everyone & everything feel loving kindness at this moment & throughout the new year. (\*any variation that feels right for you)*

When to remember Intention? *starting the day / throughout the day (e.g. while sensing if decisions feel right) / ending the day*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

### [Guided Metta Meditation 5 Minutes | Sharon Salzberg](#)



Guided Metta Meditation 5 Minutes | Sharon Salzberg

<https://www.playworks.org/services/the-game-plan-webinar-series/>

– Webinar Times

Please select at least one webinar session

Resolving Conflicts Through Play (select one)

☐ February 14, 2024 3:30 p.m. ET/12:30 p.m. PT

☐ February 14, 2024 6:30 p.m. ET/3:30 p.m. PT

Ability Inclusion on the Playground (select one)

☐ April 17, 2024 3:30 p.m. ET/12:30 p.m. PT

☐ April 17, 2024 6:30 p.m. ET/3:30 p.m. PT



**The Game Plan webinar series is back with new engaging topics! Join Playworks for a FREE, four-part series for educators and administrators looking to bring the power of play to their schools.**

The series connects attendees with Playworks staff from across the country to explore what makes a great recess and the impact of quality play on students in the classroom and beyond. Any adult working with kids in schools or community programs can benefit from attending.

We want to be your partner throughout the school year, giving you practical tips you can do right now to enhance kids' play-based experiences. This webinar series is designed to bring topics relevant to what educators are experiencing at various times of the school year, and provide practical solutions to apply right away.

All webinars will be offered twice, at 12:30 PST/3:30 EST and 3:30 PST/6:30 EST, and will last approximately one hour. The webinars will be recorded.

**Topics:**

**Webinar 1: Playground Mapping 101**

**Webinar 2: Playing Across Age Groups**

**Webinar 3: Resolving Conflicts Through Play**

**Webinar 4: Ability Inclusion on the Playground**

**REGISTER**

<https://www.nicabm.com/program/trauma-racism-3/?del=2.14.24Wednesday4amtoUnreg>

Register here to watch for free at the time of broadcast.

WATCH FOR FREE

New modules are broadcast multiple times between February 15 through February 20.

SIGN ME UP

# Treating Racial Trauma: Strategies for Working with the Wounds of Racism



01/31/2024

## Heartfelt Desire: Lead with your Heart

“... the mission that life has sent you on during your lifetime. Whatever you call it, it’s the feeling within yourself that’s moving you forward. ” Dr. Richard Miller

How to discover?

♥ Visualize, feel, & respond: What are my patterns of service, volunteering, work? What are my unique interests, abilities, skills? What have people appreciated about me? What would I happily do for free if I could? (e.g. help children, active outdoors, smiles, music; \*acceptable, if not sure yet)

♥ Review responses, circle words / phrases that feel right, & develop a statement of your Heartfelt desire (purpose / mission / core value / dharma)

When to remember Heartfelt Desire? *starting the day / throughout the day (e.g. while sensing if decisions feel right) / ending the day (\*feeling it in the body)*  
jennifer.baradi@tdsb.on.ca  
jenbyogi@gmail.com

## Heartfelt Desire: Lead with your Heart

“Your Heartfelt Desire ... forms clear definitive resolves ... your deepest most cherished reason for being alive.” Dr. Richard Miller

How to discover?

♥ Develop a statement of your Heartfelt desire (purpose / mission / core value / dharma)

\*acceptable, if not sure yet      -Radiating love and joy.  
-Sharing creativity and openness.      -Serving compassionately.

♥ Practice: Write and feel any opposites arising. \*acceptable, if not sure yet  
e.g. -Radiating love and joy. > Concealing love and joy.  
-Sharing creativity and openness. > Being unimaginative and closed-minded.  
-Serving compassionately. > Being uncaring & apathetic.

When to remember Heartfelt Desire? *starting the day / throughout the day (e.g. while sensing if decisions feel right) / ending the day (\*feeling it in the body)*

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jenbyogi@gmail.com



<https://www.irest.org/blog/community-nondualism/expanding-our-understanding-heartfelt-desire-and-its-important-purpose>



Anne Douglas

## Expanding our Understanding of Heartfelt Desire and its Important Purpose in our Lives

*"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray." —Rumi*

Alive in your heart is the code to living a fulfilling, purposeful life that is unique to you. Your heart is like a homing device or beacon that steers you ever toward fulfillment by what feels right and true. Every heartfelt "yes" or "no" is a clarion call from your most authentic self that can show you the way home to abiding peace and wholehearted living.

<https://www.consciouslife.com/conferences/tsc-4?affiliate=123&cookieUUID=c189219b-5fc9-490e-bed1-bcf6422ba0f5>



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01/24/2024

<https://youtu.be/Fy8WFnlcic8?si=C-r87GF2YgqZlyOw>

[iREST® & YOGA: JEN B YOGI WITH COURAGE HEALTH & WELLNESS](#)

iREST® & YOGA: JEN B YOGI WITH COURAGE HEALTH & WELLNESS

♥ This is the FIRST part of the Lead with your Heart series of webinars by Jen Baradi of Jen B Yogi and Meg McSherry of Courage Health & Wellness. In this session, you'll be developing your Heartfelt Desire and guided in a mindfulness practice of iRest® (Integrative Restoration). We encourage you to bring something to write with.

## Heartfelt Desire: Lead with your Heart

“... the mission that life has sent you on during your lifetime. Whatever you call it, it's the feeling within yourself that's moving you forward. ” Dr. Richard Miller

How to discover?

♥ Visualize, feel, & respond: What are my patterns of service, volunteering, work? What are my unique interests, abilities, skills? What have people appreciated about me? What would I happily do for free if I could? (\*acceptable, if not sure yet)

♥ Review responses, circle words / phrases that feel right, & develop a statement of your Heartfelt desire (purpose / mission / core value / dharma)

When to remember Heartfelt Desire? *starting the day / throughout the day (e.g. while sensing if decisions feel right) / ending the day*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

[https://www.artofmeditationsummit.com/?utm\\_source=kartra&utm\\_medium=email&utm\\_term=invite4&utm\\_campaign=aomgs2024&he=jenbyogi%40gmail.com&el=aomgs2024&r\\_done=1#a\\_aid=hmi](https://www.artofmeditationsummit.com/?utm_source=kartra&utm_medium=email&utm_term=invite4&utm_campaign=aomgs2024&he=jenbyogi%40gmail.com&el=aomgs2024&r_done=1#a_aid=hmi)



Exploring the depth and breadth of the art of meditation across diverse traditions, approaches, and methods

# ART OF MEDITATION GLOBAL SUMMIT

January 23 - 30, 2024  
55+ EXPERT SPEAKERS

[www.ArtOfMeditationSummit.com](http://www.ArtOfMeditationSummit.com)

The banner features a grid of nine headshots of diverse individuals, likely the expert speakers, on the left side. The background is a blue sky with white clouds.

01/17/2024

🌸 <https://www.oise.utoronto.ca/wellness/past-recordings>  
(Restorative Reset - past recordings)

## Day's Review

**“You may be surprised how easily life unfolds because of practicing this simple exercise each evening.”** Inspired by iRest® Level 1 Training

**When?** *end of each day / before bedtime*

**How?** 🌸 *reflect upon entire day*

🌸 *interweave Inner Resource of unchanging wellbeing and Being*

🌸 *invite any “unfinished” events / situations / experiences*

🌸 *imagine & feel in body, heart & mind, completion of each event / situation / experience*

🌸 *carry sense of completion, perfection, & wholeness into rest / sleep*

jennifer.baradi@tdsb.on.ca  
jenbyogi@gmail.com

## Gratitude Practice

**“Gratitude is our birthright. It’s something we can all experience, no matter where we are or whom we’re with.”** Dr Richard Miller, iRest® Institute

**When?** *each & every day; morning / night / any moment*

**How?** 🌸 *bring attention towards someone (e.g. yourself, loved one, peer)*

🌸 *think of what was done / said (e.g. self-care, smile, encouragement, holding the door open)*

🌸 *notice any sensations, emotions, thoughts arising*

🌸 *while imagining, tell yourself / this person how grateful / appreciative you feel*

🌸 *while hearing these words, imagine how you / this person feels & responds*

🌸 *notice where & how these feelings arise in the body & impact the mind*

🌸 *let go of thinking, & experience the feeling of gratitude, independent of anyone / anything*

🌸 *take time to imagine welcoming & feeling gratitude, independent of anyone / anything, during daily life / bedtime & into sleep / morning time & while waking up*

🌸 *affirm the intention to take time to feel gratitude in actions & interactions* jennifer.baradi@tdsb.on.ca  
jenbyogi@gmail.com

## Inner Resource Tool

*“When you first discover your inner resource, it may feel like something you’re making up. It’s important to feel your inner resource in your body as a physical sensation ... the simple feeling of being ...”* The iRest® Program for Healing PTSD,  
Dr. Richard Miller, founder of iRest® Institute

Inner Resource? *safe haven / refuge / oasis that supports us in discovering: well-being (calm, security, peace, quiet, okness, ease)*

When? *any given moment*

How? *FELT-SENSE 🌟 Where in the body do you feel physical sensations of wellbeing?*

🌟 *How would you describe what you’re sensing in the body?*

*(e.g. emanating from the heart / deep breath in the entire body / release in the muscles)*

🌟 *Take time to experience feeling wellbeing as physical sensation in the body, little & often, during iRest® & throughout daily life, whenever you need to come back to this internal felt-sense of wellbeing.*

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[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

[https://embodimentunlimited.com/festival/?utm\\_source=email14th&utm\\_medium=signup&utm\\_campaign=cec24&utm\\_content=1](https://embodimentunlimited.com/festival/?utm_source=email14th&utm_medium=signup&utm_campaign=cec24&utm_content=1)



Embodiment  
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**11/29/2023 \*LAST FALL SESSION**

## Inner Resource Tool

***“When you first discover your inner resource, it may feel like something you’re making up. It’s important to feel your inner resource in your body as a physical sensation ... the simple feeling of being ...”*** The iRest® Program for Healing PTSD, Dr. Richard Miller, founder of iRest® Institute

**Inner Resource?** *safe haven / refuge / oasis that supports us in discovering: well-being (calm, security, peace, quiet, okness, ease)*

**When?** *any given moment*

**How?** *FELT-SENSE 🌸 Where in the body do you feel physical sensations of wellbeing?*

**🌸 How would you describe what you’re sensing in the body?**

*(e.g. emanating from the heart / deep breath in the entire body / release in the muscles)*

**🌸 Take time to experience feeling wellbeing as physical sensation in the body, little & often, during iRest® & throughout daily life, whenever you need to come back to this internal felt-sense of wellbeing.**

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

<https://www.anandacounselingandwellness.com/blog/4-steps-of-irest-inner-resource>



PRIVATE YOGA AYURVEDA THERAPY

YOGA MEMBERSHIP

LOGIN



WORK WITH ME

GROUP CLASSES / EVENTS BLOG

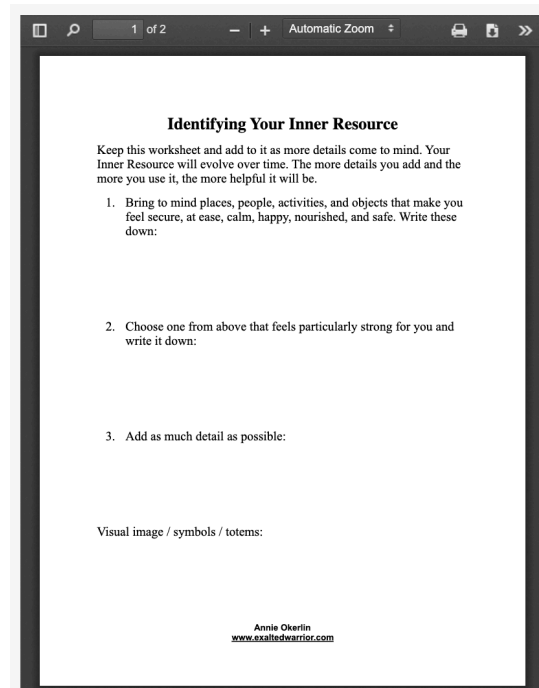
MAR 2

### 4 STEPS OF IREST INNER RESOURCE

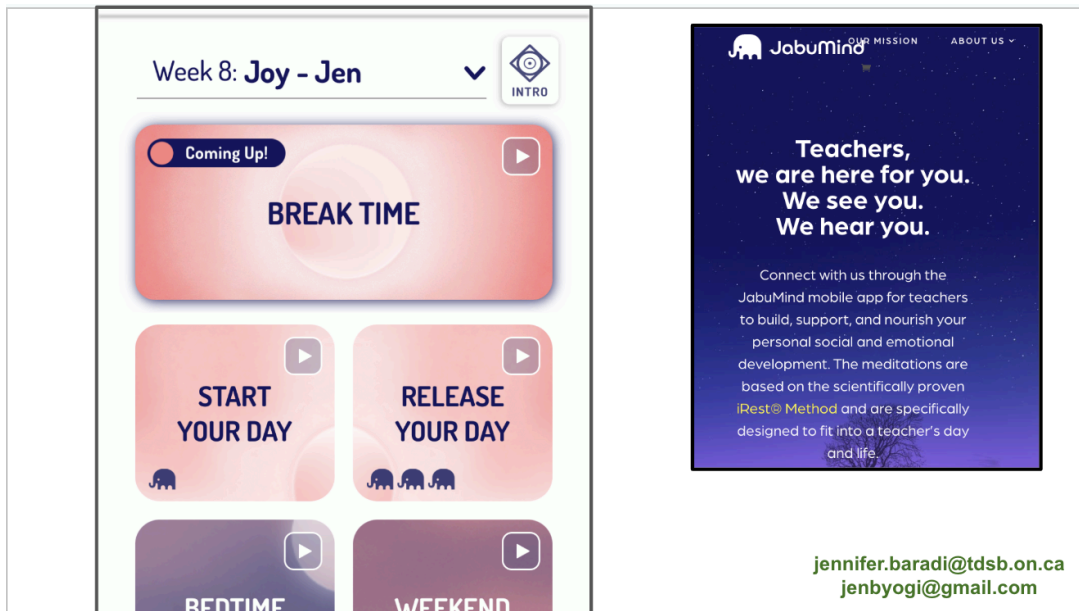
If I were to ask you about your self care resources, what comes to mind? Do you think of calling up a friend or family member to feel loved and supported? Favorite items that bring about a sense of comfort like a favorite mug, robe or playlist? Activities you enjoy like a hike, massage, or warm bath? Places where you feel grounded or connected?



<https://www.exaltedwarrior.com/inner-resource-worksheet>



<https://jabumind.com/>: For practicing little & often throughout daily life







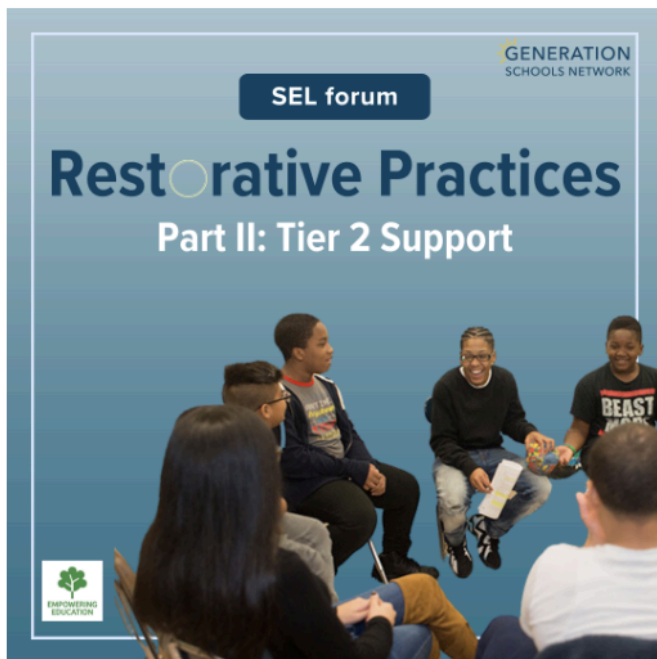
## Restorative Practices: Tier 1 Support

Date: December 12, 2023

Part 1 of this training is about grounding yourself in a Restorative Practices (RP) mindset.

Participants will get an overview of RP strategies such as effective language, circles, and discipline. This forum focuses on universal prevention-based strategies that are a crucial first step before jumping into Restorative Discipline.

REGISTER



## Restorative Practices: Tier 2 Support

Date: January 9, 2024

Part 2 of this training on Restorative Practices will focus on alternatives to traditional punitive-based discipline.

Participants will gain understanding of youth brain development, effects of trauma, and why punitive discipline fails to change behaviors.

Conflict and harm will happen in school and in these youths' lives. Trusted adults can use Restorative Discipline to empower youth, hold them accountable, communicate with dignity, and teach them skills they will need their entire lives.

REGISTER



11/15/2023, 11/22,2023

## Inner Resource Tool

***“Repeat these words or phrases several times to embed them into your memory as prompts that represent & activate your inner resource.”*** The iRest®

Program for Healing PTSD, Dr. Richard Miller, founder of iRest® Institute

**Inner Resource?** *safe haven / refuge / oasis that supports us in discovering: well-being (calm, security, peace, quiet, okness, ease)*

**When?** *any given moment*

**How?** **WORDS** 🌟 **Which words or phrases, ring true in your body & mind?** (e.g. secure, connected, at ease, comfortable, content, still, clear, grounded, peaceful, expansive, open, safe, stable, balanced, resilient, flowing, well-being, being) \*Acceptable, if there are no words.

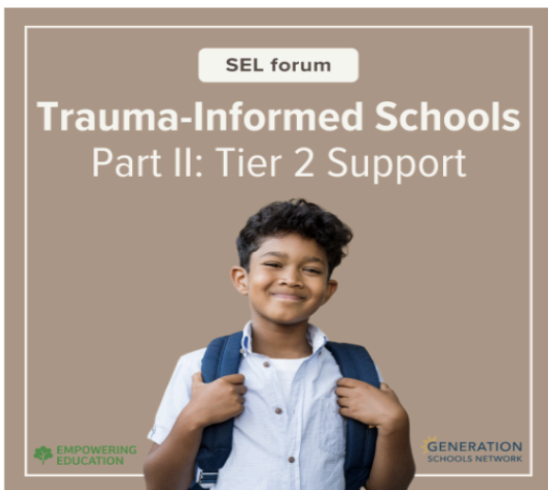
🌟 **From your list, which one/s feel most important to you?**

🌟 **Repeat this word/s, little & often, during iRest® & throughout daily life, whenever you need to come back to this internal felt-sense of wellbeing.**

jennifer.baradi@tdsb.on.ca  
jenbyogi@gmail.com

## RECORDING:

[https://us02web.zoom.us/rec/play/ixfOpZJ1s7G8B21fV\\_k3X0PArnYrUhE8xyVGtJjv8EPd5HYF34Rts44ct3c3wuKalljk86cnY\\_CE6i1y.mVhCVxipOFmehyd3?autoplay=true&startTime=1700001205000](https://us02web.zoom.us/rec/play/ixfOpZJ1s7G8B21fV_k3X0PArnYrUhE8xyVGtJjv8EPd5HYF34Rts44ct3c3wuKalljk86cnY_CE6i1y.mVhCVxipOFmehyd3?autoplay=true&startTime=1700001205000)



### Trauma-Informed Schools: Tier 2 Support

Date: November 14, 2023

Part 2 the Trauma Informed Schools training is a deeper dive into Trauma Informed Schools work.

It is important to understand how to implement Trauma Informed strategies with a systems approach. During this forum you will learn how best to engage your staff for system-wide implementation.

Participants will also learn more about how to create environments and interactions with youth so that youth feel safe, stay regulated, and continue to learn.

REGISTER

[https://yogaandmeditationtraining.com/p/check-in-and-kids-yoga-teacher-training?utm\\_source=newsletter&utm\\_medium=email&utm\\_term=2023-11-15&utm\\_campaign=Free+Family+Yoga+Teacher+Training+](https://yogaandmeditationtraining.com/p/check-in-and-kids-yoga-teacher-training?utm_source=newsletter&utm_medium=email&utm_term=2023-11-15&utm_campaign=Free+Family+Yoga+Teacher+Training+)

Free Every Month

## Kids Yoga Teacher Training

With Young Yoga Masters, RCYS

Join live or watch the replays of past trainings.

Click [Timezone Converter](#) to find your timezone.

[Register for Free Training](#)



This Month's Topic:

Watch Replays from Previous Months until Dec. 31, 2023. Register for free!



**CHILDREN'S MENTAL HEALTH + PARENTING SUMMIT 2023**

**DAY 1 NOVEMBER 14**

**DR. DANIEL SIEGEL - THE WHOLE BRAIN CHILD**

**TAMMY SCHAMUHN - HEALING CHILDHOOD TRAUMA**

**DR. SARAH BREN - HOW TO GET UNSTUCK WITH KIDS**

**DAYNA ABRAHAM - WORKING WITH SENSORY NEEDS**

**DR. CINDY HOVINGTON - CHILDHOOD & EMOTIONAL HEALTH**

**JULIE KING - HOW TO TALK WHEN KIDS WON'T LISTEN**

[INSTITUTEOFCHILDPSYCHOLOGY.COM](http://INSTITUTEOFCHILDPSYCHOLOGY.COM)

[https://community.instituteofchildpsychology.com/plans/300258?bundle\\_token=0d6d188ea47e7771264a541d00f443bd&utm\\_source=manual&mc\\_cid=a2fb4b157c&mc\\_eid=7b81ead404](https://community.instituteofchildpsychology.com/plans/300258?bundle_token=0d6d188ea47e7771264a541d00f443bd&utm_source=manual&mc_cid=a2fb4b157c&mc_eid=7b81ead404)

11/01/2023, 11/08/2023

## Inner Resource Tool

***“You possess within yourself an inner resource that’s designed to empower you to feel in control of and at ease with every experience you have during your life.”*** The iRest® Program for Healing PTSD, Dr. Richard Miller, founder of iRest® Institute

**Inner Resource?** *safe haven / refuge / oasis that supports us in discovering: well-being (calm, security, peace, quiet, okness, ease)*

**When?** *any given moment*

**How? IMAGERY:** 🌸 *Which imageries, that bring well-being, can you recall, experience, visualize & list? places (real / imagined / familiar / nature), memories (past images / life's moments), activities, loved one / fur-friend, symbol, & it's acceptable, if there are no images*

🌸 *From your list, which one brings the most well-being?*

🌸 *Using your 5 senses, how can you make your safe haven come to life?*

*Hear? See? Smell? Taste? Touch?*

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jenbyogi@gmail.com

<https://www.youtube.com/watch?v=n41JVWSPG7s>

Enjoy Inner Resource Meditation 4.8.2021

Show up as you are and experience the meditative heart of yoga- Yoga Nidra. Discover an opportunity to let go of a reactive mind and practice how slowing down and waking in to the body and mind can lead to a place of grounding, deep peace, and higher levels of awareness. iRest Yoga Nidra meditation will deepen your awareness of Self, body and mind. Research shows iRest Yoga Nidra meditation practices will reduce muscle tension, high blood pressure, stress levels (cortisol), anxiety, depression, digestive disorders, chronic pain and fatigue, dis-comfort and dis-ease associated with life all the while promoting resiliency, gratitude, joy and ease of being.

Thank you so much for listening.

Questions, Comments, Inquiries

[www.GivingTreeEssentials.com](http://www.GivingTreeEssentials.com)



**We have seven sessions for you today. Here are just a few of the many highlights:**

- Brian Keating explores how advances in AI technology will impact our everyday lives, including our jobs and how we spend our time
- Dawa Tarchin Phillips shares how AI can help us unlock skills, potential and creativity that might otherwise remain dormant during the human lifespan
- **Becky Inkster discusses how letting humanity drive technology, and implementing ethical guardrails for using AI in creative culture and mental health arenas**
- **Mark Minevich explores the way AI will transform the landscape of education into one where learning is immersive, personalized and exciting**
- Joshua Michael Schrei looks at the consequences of rapid technological advances in the context of societies that lack meaningful rites of passage and elder wisdom
- Jasmine Wang and Iain Thomas share the importance of understanding the key philosophical and ethical considerations of using AI to explore human existence
- Justin "Hutch Hutchens discusses how tremendous funding and scaling by big tech and venture capitalists, paired with lack of regulation, will likely lead to a fully autonomous cyber attack

**[Here's the link](#) again to watch all of today's sessions.**

**Thank you for continuing to share about your experiences and insights in the private Facebook Community. If you'd like to join the group and haven't already, just [click here!](#)**

## Inner Resource Tool

*“It empowers you to recover and put back into place, this natural resource you have inside yourself.”* Dr. Richard Miller, founder of iRest® Institute

Inner Resource? *safe haven / refuge / oasis that supports us in discovering: well-being (calm, security, peace, quiet, okness, ease)*

When? *any given moment*

How? IMAGERY: 🌸 *Which imageries, that bring well-being, can you recall, experience, visualize & list? places (real / imagined / familiar / nature), memories (past images / life's moments), activities, loved one / fur-friend, symbol, & it's acceptable, if there are no images*

🌸 *From your list, which one brings the most well-being?*

🌸 *Using your 5 senses, how can you make your safe haven come to life?*

*Hear? See? Smell? Taste? Touch?*

jennifer.baradi@tdsb.on.ca  
jenbyogi@gmail.com

<https://www.irest.org/file/7-inner-resource-meditation>

## A Meditation - Nourishing Your Inner Resource

It is so vital to recognize, nurture, and embrace your Inner Resource of unchanging well-being. This Inner Resource is a powerful ally that enables us to remain grounded, in control, and at ease within ourselves. We invite you to listen to this iRest meditation from president and founder Richard Miller, designed to help you feel at peace in the ever-changing circumstances of life.



[https://www.supportingteens.com/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=Empower%20your%20parenting%20journey&utm\\_campaign=Parenting%20Teens%20Summit%20Email%20to%20full%20DB](https://www.supportingteens.com/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Empower%20your%20parenting%20journey&utm_campaign=Parenting%20Teens%20Summit%20Email%20to%20full%20DB)



## Parenting Teens in Uncertain Times

3 Things Parents Need to Know NOW to Raise HAPPY, WHOLESOME and THRIVING Teens!

First Online Summit launching Nov. 6th, 2023

[REGISTER NOW FOR FREE](#)

**Monday, November 6<sup>th</sup> Live Event:**  
**Relax and Reset with iRest, with Richard Miller, happening at 3:00 PM EST. Pre-register >> [HERE](#) <<**

Join internationally acclaimed teacher Richard Miller as he leads his signature iRest practice. iRest has historically been endorsed by the U.S. Army Surgeon General and is accessible as it is effective. It is practiced and taught by thousands of people worldwide in a wide range of settings.

## Is this summit for you?

Are you looking for better ways to **understand and connect** with your kids?

Are you looking for tools to positively address the **worldwide mental health crisis** facing our teens?

Are you looking for the best solutions to **empower teens with anxiety or depression**?

**Join more than 12,000 caring and action-oriented parents from around the world who have joined the summit community.**

## Featured Speakers Include

More than 30+ world-renowned experts in the fields of neuroscience, parenting, child development, technology and wellbeing, who are all eager to share their insights and wisdom with you. Plus enlightening bonus interviews from luminaries Goldie Hawn, Dr. Dan Siegel and Tara Brach.



**Kristen A. Jenson**

Protecting Kids from the Underestimated Dangers of Pornography



**Dr. Deb Sandella, PhD**

Raising Emotionally Healthy Kids



**Daniel Ellenberg, PhD**

Raising Emotionally Healthy Boys for a Kinder World



**Goldie Hawn**

Understanding and Working With the Adolescent Brain



**Jessica Elefante**

Unveiling the Hidden Dangers of Technology: A Candid Conversation



**Andrés González**

Empowering Youth: Holistic Approaches to Resilience and Wellbeing



**Dr. Cara Goodwin**

Navigating Uncertainty and Imperfection in Parenting: Strategies for Modern Families



**Rachel Macy Stafford**

The Power of Authenticity in Parenting



**Dr. Kristin Neff**

Redefining Self-Worth: Teaching Kids the Art of Self-Compassion



**Steven Hickman, PsyD**

The Art of Modern Fatherhood: From Reactivity to Responsiveness



**Karen Bluth, PhD**

Self-Compassion and Resilience: Insights for Parenting Teens



**Daniel Maté**

Challenging the Myth of Normalcy - Reframing Trauma



**Dajana Yoakley**

The Transformative Power of Self-Compassion in Parenting



**Elaine Taylor-Klaus & Diane Dempster**

Dancing with Uncertainty: The Magic of a Coach-Approach



**Richard Miller, PhD**

The iRest Program: "Tools for Life" for Meeting Life's Challenges



**Kim John Payne, M.Ed.**

Balancing Authority and Connection in Parenting

10/11/2023, 10/18/2023

## Gratitude Practice

*“After a single session of gratitude meditation, practitioners experienced decreased depression, higher levels of well being, greater trust in strangers, and improved sleep quality. In short, gratitude is good for what ails us.”* iRest® Institute

**When?** each & every day; morning / night / any moment

**How?** 🌟 bring attention towards someone (e.g. yourself, loved one, peer)

🌟 think of what was done / said (e.g. self-care, smile, encouragement, holding the door open)

🌟 notice any sensations, emotions, thoughts arising

🌟 while imagining, tell yourself / this person how grateful / appreciative you feel

🌟 while hearing these words, imagine how you / this person feels & responds

🌟 notice where & how these feelings arise in the body & impact the mind

🌟 let go of thinking, & experience the feeling of gratitude, independent of anyone / anything

🌟 take time to imagine welcoming & feeling gratitude, independent of anyone / anything, during daily life / bedtime & into sleep / morning time & while waking up

🌟 affirm the intention to take time to feel gratitude in actions & interactions

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

<https://www.irest.org/blog/resources-other/gratitude-good-medicine>

iRest



POSTED: MAY 12, 2020  
IN RESOURCES, AND OTHER

[Blog Homepage](#)

### Gratitude as Good Medicine

Beloved country crooner Willie Nelson once famously said, “When I started counting my blessings, my whole life turned around.” This opportunity for personal transformation is available to each of us, as Stephanie Lopez illuminated in a [recent iRest sangha session](#).

*Sounds great*, you may be thinking, *but how?* It can be awfully tricky to be thankful when life isn’t going our way. In an era that has brought heightened daily tension, the risk of life-threatening illness, and painful lifestyle changes, the suggestion to linger in gratitude might seem presumptuous—even downright absurd.

It’s hard to argue with science, though. According to multiple [studies](#), taking time to notice the better parts of life can have dramatic effects. After a single session of gratitude meditation, practitioners experienced decreased depression, higher levels of well being, greater trust in strangers, and improved sleep quality. In short, gratitude is good for what ails us.



<https://www.uclahealth.org/news/health-benefits-gratitude#:~:text=Research%20shows%20that%20practicing%20gratitude,positively%20affect%20your%20physical%20health.>

UCLA Health

Find CarePatient ResourcesTreatment OptionsLocationsDiscoverFind a Doctor

Home > News & Insights >

Health benefits of gratitude

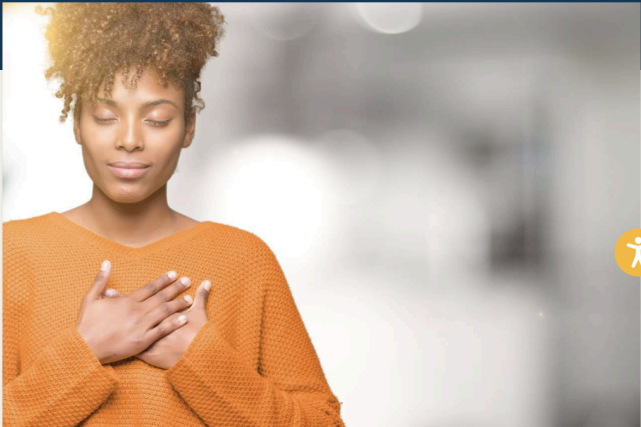
📅 March 22, 2023

👤 By uclahealth

🕒 4 min read

Saying thank you is nothing new. But practicing gratitude — regularly focusing on the positive parts of your life — is about more than having good manners. It can be a powerful health habit.

**Research** shows that practicing gratitude — 15 minutes a day, five days a week — for at least six weeks can enhance mental wellness and possibly promote a lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health.



<https://www.irest.org/newsletter21-rm-gratitude#:~:text=For%20instance%2C%20take%20time%20each,go%20about%20your%20daily%20life.>

iRest



## Welcome Message: Gratitude

***Gratitude...Right Now...For No Reason at All by Richard Miller***

There is much we have to be grateful for, no matter our circumstance. This is true whether we're safe, fleeing terror, recovering from trauma, are alone at the moment or surrounded by loving friends. Gratitude is our birthright. It's something we can all experience, no matter where we are or whom we're with.

## Gratitude Practice

**“Gratitude is our birthright. It’s something we can all experience, no matter where we are or whom we’re with.”** Dr Richard Miller, iRest® Institute

**When?** *each & every day; morning / night / any moment*

**How?** 🍁 *bring attention towards someone (e.g. yourself, loved one, peer)*

🍁 *think of what was done / said (e.g. self-care, smile, encouragement, holding the door open)*

🍁 *notice any sensations, emotions, thoughts arising*

🍁 *while imagining, tell yourself / this person how grateful / appreciative you feel*

🍁 *while hearing these words, imagine how you / this person feels & responds*

🍁 *notice where & how these feelings arise in the body & impact the mind*

🍁 *let go of thinking, & experience the feeling of gratitude, independent of anyone / anything*

🍁 *take time to imagine welcoming & feeling gratitude, independent of anyone / anything, during daily life / bedtime & into sleep / morning time & while waking up*

🍁 *affirm the intention to take time to feel gratitude in actions & interactions* jennifer.baradi@tdsb.on.ca  
jenbyogi@gmail.com

<https://empoweringeducation.org/workshops/>



### Restorative Practices: Tier 1 Support

**Date:** December 12, 2023

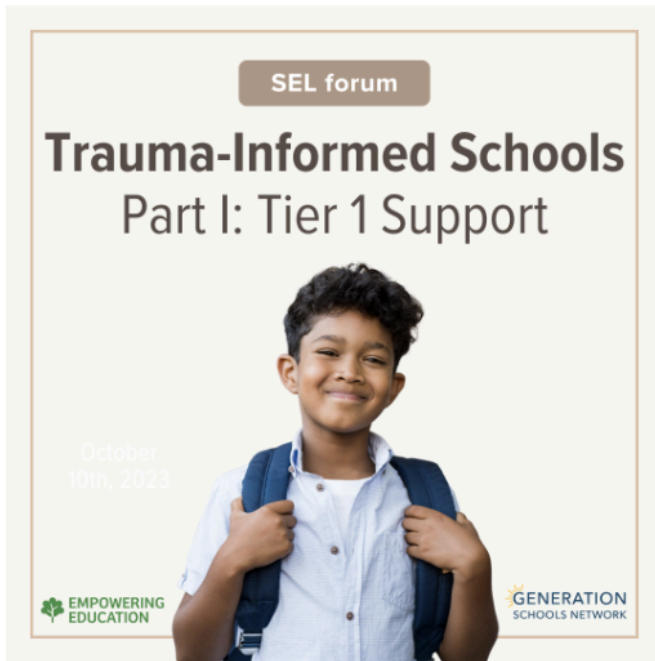
Part 1 of this training is about grounding yourself in a Restorative Practices (RP) mindset.

Participants will get an overview of RP strategies such as effective language, circles, and discipline. This forum focuses on universal prevention-based strategies that are a crucial first step before jumping into Restorative Discipline.

[REGISTER](#)

<https://us02web.zoom.us/meeting/register/tZUqfuysqDliEtDGZXH9JWNkKHb3N-LXFv7S#/registration>

## Upcoming SEL Forums



### Trauma-Informed Schools: Tier 1 Support

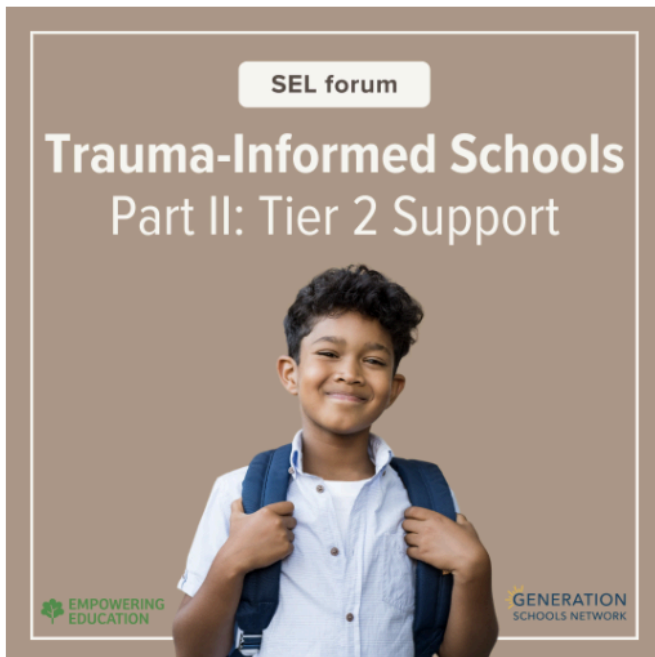
Date: October 10, 2023

Part 1 of the Trauma Informed Schools training will give participants an overview of trauma and Adverse Childhood Experiences (ACEs).

Toxic stress can profoundly affect a child's neural development in a negative way. It is important to understand why our youth impacted by ACEs are hardwired for survival, not learning, regulation, or social skills.

You will build a foundation in understanding the complexity of trauma, so you can begin to support youth with evidence and prevention-based tier I strategies.

REGISTER



### Trauma-Informed Schools: Tier 2 Support

Date: November 14, 2023

Part 2 the Trauma Informed Schools training is a deeper dive into Trauma Informed Schools work.

It is important to understand how to implement Trauma Informed strategies with a systems approach. During this forum you will learn how best to engage your staff for system-wide implementation.

Participants will also learn more about how to create environments and interactions with youth so that youth feel safe, stay regulated, and continue to learn.

REGISTER

**09/20/2023, 10/04/2023**

Watch for free: A NEW module airs each week on Wednesdays and Thursdays from October 4 through November 2.

<https://www.nicabm.com/program/mastering-the-treatment-of-trauma-1/?del=10.04.23>  
[Mod1MorningAccessToFree](#)

## Mastering the Treatment of Trauma

An In-Depth Look at 5 Critical Issues in Trauma Therapy



Get all 5 modules, plus transcripts, application sessions, and bonus content.

Now 50% Off for a Limited Time

[CLICK HERE FOR  
50% OFF](#)

10 CE/CME Credits or Clock Hours are available for purchase at checkout.

Register here to watch for free at the time of broadcast.

[WATCH FOR FREE](#)

A NEW module airs each week on Wednesdays and Thursdays from October 4 through November 2.

### IMPORTANT MESSAGE

[Please Read the Entire Page](#)

The free sessions you've registered for will only be available at broadcast times each Wednesday and Thursday from October 4 through November 2.

[MINIMIZE THE BROADCAST SCHEDULE  
AND LINKS](#)

[Video Broadcast Link](#)

[Audio-Only  
Broadcast Link](#)

[Add All Broadcasts to Your Calendar](#)





## How to Identify and Treat the Invisible Wounds of Neglect

**Wednesday, October 4, 2023**

at 11:00am, 2:00pm, 5:00pm, 8:00pm

**or Thursday, October 5, 2023**

at 11:00am, 2:00pm

(All times listed in Eastern United States time zone. Click the times above to see what this converts to in your part of the world.)

[Click here](#) to download the module 1 study guide



## Treating the Scars of Abandonment: How to Work with the Enduring Impact

**Wednesday, October 11, 2023**

at 11:00am, 2:00pm, 5:00pm, 8:00pm

**or Thursday, October 12, 2023**

at 11:00am, 2:00pm

(All times listed in Eastern United States time zone. Click the times above to see what this converts to in your part of the world.)



## The Clinical Implications of Psychedelic-Assisted Psychotherapy for the Treatment of Trauma: An In-Depth Look at the Promising Results and the Unanswered Questions

**Wednesday, October 18, 2023**

at 11:00am, 2:00pm, 5:00pm, 8:00pm

**or Thursday, October 19, 2023**

at 11:00am, 2:00pm

(All times listed in Eastern United States time zone. Click the times above to see what this converts to in your part of the world.)



## **“A Stain on the Soul”: Why Moral Injury Requires A Different Treatment Plan Than PTSD**

**Wednesday, October 25, 2023**

at 11:00am, 2:00pm, 5:00pm, 8:00pm

**or Thursday, October 26, 2023**

at 11:00am, 2:00pm

(All times listed in Eastern United States time zone. Click the times above to see what this converts to in your part of the world.)



## **The Steep Cost of an Unlived Life: How to Help Patients Who Struggle to Feel Alive After Trauma**

**Wednesday, November 1, 2023**

at 11:00am, 2:00pm, 5:00pm, 8:00pm

**or Thursday, November 2, 2023**

at 11:00am, 2:00pm

(All times listed in Eastern United States time zone. Click the times above to see what this converts to in your part of the world.)

## **Day's Review**

**“You may be surprised how easily life unfolds because of practicing this simple exercise each evening.”** Inspired by iRest® Level 1 Training

**When?** *end of each day / before bedtime*

**How?** 🍁 *reflect upon entire day*

🍁 *interweave Inner Resource of unchanging wellbeing and Being*

🍁 *invite any “unfinished” events / situations / experiences*

🍁 *imagine & feel in body, heart & mind, completion of each event / situation / experience*

🍁 *carry sense of completion, perfection, & wholeness into rest / sleep*

[jennifer.baradi@tdsb.on.ca](mailto:jennifer.baradi@tdsb.on.ca)  
[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)



## Restorative Reset: Autumn Sessions

🍁 Opening, Q&A (2 min.) 🍁 Closing, Q&A (2 min.)

🍁 **Restore with iRest® Yoga Nidra Meditation (20-25 min.)**

*Guided by my voice*

*Any position: sitting, laying down, standing, moving*

*All possibilities welcomed: asleep, resting, alert, awake*

*Discomfort? open eyes, ground feet, find movement*

🍁 **Reset with Gentle Yoga Movements (2-5 min.)**

*Standing / sitting, using any props for support*

*Modify if needed, follow advice of medical practitioners*

*Discomfort? rest in seat, find supportive movement*

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[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com)

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[OISE RESTORE RESET 23 24 SHARED RESOURCES](#)



[jenbyogi@gmail.com](mailto:jenbyogi@gmail.com) / [jenbyogi.com](http://jenbyogi.com)

# DRAFT

<https://jabumind.com/app-instructors/>



OUR MISSIONABOUT US ▾MEDITATIONS ▾BLOGSHOPCOURSES ▾

ACCOUNT ▾



## Our Mission

We are a passionate group of teachers, coaches, artists, school principals, and mental health clinicians who share a common goal of creating a safer, stronger, and more supportive classroom experience for both teachers and students.

Our mission is to support teachers in their own social and emotional growth so that they, in turn, can help their students and school communities.

We believe it is of paramount importance to support the classroom teacher in this endeavor.

Our principal objective is to bring compassion, self-love, reflection, and in-depth discussions of well-being back into the classroom. We know from our years of research, including teacher surveys and interviews, that teachers want this and are capable of it.



Our solution is to provide an app that will help teachers connect to their innate inner wisdom and strengths. We believe this will fortify their well-being and, therefore, their confidence in supporting not only students but also school communities in SEL (Social and Emotional Learning). Our dream is to help create an education system where teachers, students, and parents can begin to have open conversations around well-being and life choices alongside Math, Science, and English.

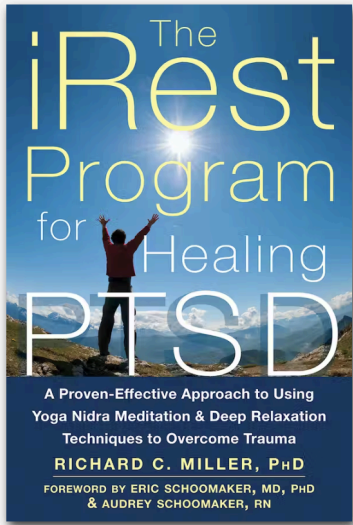
<https://www.irest.org/meditation-and-conversation>



Stephanie Lopez is iRest's Senior Advisor of Philosophy and Learning. A Gestalt psychotherapist, meditation teacher, and yoga therapist, she bridges eastern wisdom with western psychology and neuroscience to support healing and transformation.



## <https://www.newharbinger.com/9781626250260/the-irest-program-for-healing-ptsd/>



### **The iRest Program for Healing PTSD**

**A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma**

by [Richard C. Miller](#)

Foreword by [Eric Schoomaker](#) and [Audrey Schoomaker](#)

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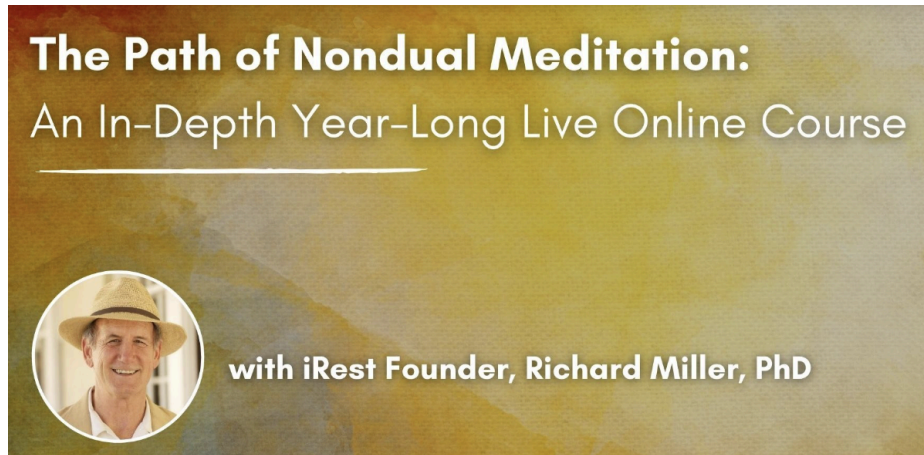
If you suffer from post-traumatic stress disorder (PTSD), you know how debilitating the symptoms can be. Many times, people with PTSD will suffer flashbacks, have intense nightmares and difficulty sleeping, and may feel angry, anxious, and constantly “on alert.” Living with PTSD is extremely difficult, but there *are* ways that you can manage your symptoms and, in time, recover.

In *The iRest Program for Healing PTSD*, clinical psychologist and yogic scholar Richard C. Miller-named one of the top twenty-five yoga teachers by *Yoga Journal*-offers an innovative and proven-effective ten-step yoga program for treating post-traumatic stress disorder (PTSD). The deep relaxation meditations in this book will help you overcome the common symptoms of PTSD, such as anxiety, insomnia, and depression, and maintain emotional stability so that you can return to living a full, meaningful life.

The author's iRest protocol is an integrative approach that heals the various unresolved issues, traumas, and wounds that are present in the body and mind. It recognizes the underlying sense of calm that is always present, even amidst all changing circumstances of life. Extensive research has shown that iRest effectively supports the healing process across a broad range of populations. Currently, there are iRest programs in military hospitals across the US, as well as in correctional facilities, hospices, clinics, schools, and organizations supporting personal growth and well-being. iRest has been endorsed by the US Army Surgeon General and Defense Centers of Excellence as a complementary and alternative medicine (CAM).

If you are ready to start healing from your trauma and get back to living the life you once knew-a life free from fear, anxiety, and sleepless nights-this book will help you find your way. To find out more about Richard C. Miller and the iRest program, visit [www.irest.us](http://www.irest.us).

## <https://www.irest.org/event/2023-jan-dec-irest-path-nondual-meditation-course-richard-miller>



*\*NOTE: Session 1 took place on January 3, 2023. You will be able to watch the recorded session after you register.*

**Experience Nondual Heart-Centered Awareness-Based Meditation**

The experience of daily life is challenging and always changing. Having a regular practice that unfolds a deep understanding of your true nature makes it possible to transcend the limiting, and often painful, conditioning of your thoughts and emotions.

Nondual meditation reveals that inner peace, profound clarity, and a sense of constant wellbeing and joy are all innate. They lie within, ready to be recognized, nurtured, and made a consistent part of your daily life experience.

The path of nondual meditation has been practiced for thousands of years as an effective way to awaken to these intrinsic qualities. This path enables you to self-regulate your emotional and mental activity, cultivate resilience, and access inner wisdom and insightful decision-making. It's how you release the personal and let go into freedom, spiritual awareness, and awakening. This path of self liberation has served millions of people, and it's available to *you* too.

iRest founder, Richard Miller, is one of the most important contemporary teachers of nondual wisdom. His year-long, 16-module program teaches you how to begin, develop, and maintain a meditation practice.

In joining him, you'll learn in-depth theory and practices for shifting from being highly reactive and struggling against life to being responsive, receptive, centered, relaxed, loving, wise, and awake.

[OISE RESTORE RESET 23 24 SHARED RESOURCES](#)  [jenbyogi@gmail.com](mailto:jenbyogi@gmail.com) / [jenbyogi.com](http://jenbyogi.com)

This course is designed to support you in transforming your life from the inside out. It makes everything you need to liberate yourself easily available. It's possible to break free from the daily tyranny of your inner voice and past conditioning. These are what foster separation and suffering in your life.

Now you can personally realize, integrate, and embody the underlying reality of your Essential Nature so you may live in harmony, connected to yourself and the world around you during all circumstances of daily life.



## Foundation Practices of iRest®

- ◆ *Noting*
- ◆ *Welcome Opposites*
- ◆ *Take Perspective (Witness & Witnessed)*
- ◆ *Anthropomorphize*
- ◆ *Pro-Active Engagement*
- ◆ *Awareness*

\*Interweave Inner Resource of unchanging wellbeing and Being

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[https://www.irest.org/sites/default/files/Intro-iRest-Workbook-7-17-ahft\\_0.pdf](https://www.irest.org/sites/default/files/Intro-iRest-Workbook-7-17-ahft_0.pdf)

### Foundation Practices

Meeting, Greeting, Welcoming and Proactively Engaging  
Sensations, Emotions, and Cognitions

1. Noting
  - a. Welcome what is arising (sensation, emotion, thought, belief, image, memory)
  - b. Where/how do you experience this in your body?
  - c. Peel off the conceptual label
  - d. Be with it non-verbally, non-conceptually, as sensation
  - e. Note if the emotion has a texture, color, age, etc. that co-arises with it
  - f. Interweave In your Inner Resource of unchanging well-being and Being
2. Welcome Opposites
  - a. If this had an opposite, what might it be, and where/how do you experience this in your body?
  - b. Alternate between opposites (take your time)
  - c. Experience, somatically, both opposites as the same time
  - d. Interweave Inner Resource into each opposite
3. Take perspective
  - a. Be a witness to what's arising
  - b. Interweave in your Inner Resource as you experience yourself as a witness
4. Anthropomorphize What's Arising
  - a. What does this (sensation, emotion, belief) look like if it walked into the room?
  - b. Welcome it in for tea and conversation
  - c. Inquire: "How do I feel about "this..."  
"How does "this..." feel about me"
5. Pro-Active Engagement: Ask it:
  - a. What do you want?
  - b. What do you need?
  - c. What action are you asking me to take?
  - d. Interweave in your Inner Resource
6. Awareness
  - a. Allow the witness to dissolve into being witnessing
  - b. Allow witnessing to dissolve into Being
  - c. Allow Being to dissolve into Awareness
  - d. Interweave in your Inner Resource

Remember: Interweave in your Inner Resource at any time along the way, pairing it with every activity, circumstance, action, emotion and thought you have, all day long, every day.

## <https://www.irest.org/irest-10-step-protocol>

### The 10 steps of iRest

**1) Connect to Your Heartfelt Desire.** Bring to mind your heart's deepest desire - something that you want more than anything else in life that instills a sense of value, purpose, and meaning. Consider how does life want to live through you? Perhaps it is a desire for health, compassion, well-being, or awakening. Feel this heartfelt desire with your entire body while imagining and experiencing it in this moment as if it were true.

**2) Set an Intention.** Reflect on your intention for your practice today. It might be to relax and rest, or to inquire into a particular sensation, emotion, or belief. Or, you may reflect on intentions that will support living your heartfelt desire in everyday life. Whatever your intention, welcome and affirm it with your entire body and mind.

**3) Find Your Inner Resource.** Bring attention to your Inner Resource, a safe haven within your body where you experience a feeling of security, calm and well-being. How and where do you feel this in the body? If helpful, you may imagine a special place, person, or experience that helps you feel secure, at ease, and a sense of well-being. Feel into your Inner Resource at any time during your practice or in daily life even when you feel overwhelmed by an emotion, thought, or life circumstance and wish to feel secure and at ease.

**4) Feel Your Body.** Gradually move attention through your body while welcoming the various sensations that arise.

**5) Become Aware of Your Breath.** Sense the body breathing. Observe the natural flow of air in the nostrils, throat, and rib cage as well as the rise and fall of the abdomen with each breath. Feel each breath as flowing energy coursing throughout your entire body.

**6) Welcome Your Emotions.** Without judging or trying to change anything, welcome sensations and emotions that are present in your body and mind. Also notice opposite feelings and emotions. Sense both opposites simultaneously. Welcome everything just as it is.

**7) Witness Your Thoughts.** Notice and welcome thoughts, memories, and images that are present in your mind. Without judging or trying to change them, observe any thought, memory, or images and notice corresponding sensations in your body. Welcome your experience just as it is.

**8) Experience Joy.** Welcome sensations of joy, well-being, or bliss emanating from your heart or belly and spreading throughout your body and into the space around you. With every exhalation, experience sensations of warmth, joy, and well-being radiating throughout your body.

**9) Find Lasting Peace.** Set aside thinking and dissolve into Awareness, awake and conscious of the Self.

**10) Reflect on Your Practice.** As you complete your practice, reflect on the journey you've just taken. Recognize the feeling of peace that is always present. Integrate this into your everyday life, in both pleasant and difficult moments.