

'I Rest and Bloom' Survivor course



"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom"

"The single most important issue for traumatised people is to find a sense of safety in their own bodies" and "to refill their depleted cup"

Course details

OCC backed pilot based for survivors of domestic abuse based on iRest® Yoga Nidra coupled with survivor tips and emotional support.

iRest® Yoga Nidra is a research-based meditation, relaxation and healing protocol.

Integrates the processing of difficult thoughts and emotions without divulgence.

Develops inner resource of wellbeing, easier and resiliency and rewires the nervous system.

Evidenced based 10 step protocol for PTSD and trauma addressing one's Inner Resource, bodysensing, breathwork, working with opposites of emotions and finding joy.

Breaks the cycle of abuse by instilling routine, self-worth and resiliency.

Run by an iRest® Level 1 teacher who is a mother and a survivor of long-term domestic abuse and who found her soul again.



Housekeeping practicalities regarding 'I Rest and Bloom' course

Guided meditation at home via zoom for 8-week, am/pm, requiring only internet access and pc/or phone. Course is with 7 others who have had similar experiences yet without divulgence. Unitedness, without vulnerability.

Mandatory for safety to give a safety contact/parent and under 18s need parents with them.

Key quantitative and qualitative measures of GAD 7 and Impact of Events CORE OM scores, as well as consented narratives, will be asked, before and after to assess effectiveness.

This is not counselling nor domestic abuse advice, but a toolkit for 'I am enough and all I need I have' way of life. Participants will be asked to contact GP or referral agencies for psychological support.

Option to receive a gratitude journal, affirmation cards and eye pillow by post if safe and access to private fb page for reflective practice and to feel connected.

To instil commitment, each participant will have a private mandatory hour introduction to learn about the programme, facilitator credentials and a welcome chat.

Referral no divulgence required. Just email contact and details to info@soulrestore.org