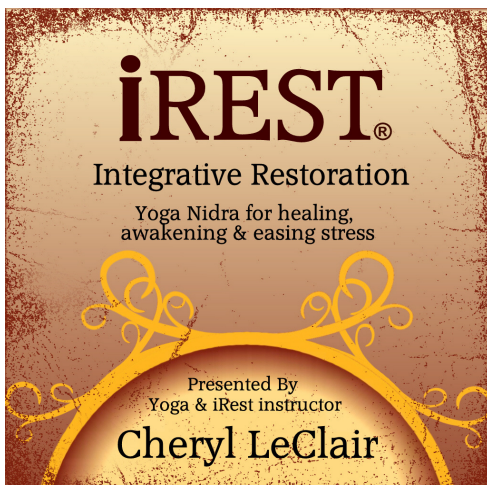


# ***iREST/ Restorative Yoga with Cheryl LeClair***

***Every 3<sup>rd</sup> Sunday of each month***

***Sunday 6:00 – 7:30 PM***



***iRest is a yoga technique that  
relieves suffering, pain,  
insomnia and trauma.***

***If you've ever attended Cheryl's iRest  
workshops on Sunday nights, you've  
experienced its benefits first-hand.***

***Now you can also experience the benefits of iRest any time,  
any place with your own iRest/ Integrative Restoration CD.***

***Cheryl LeClair, E-RYT200*** completed Wilmington Yoga Center's teacher training program in 2007. Cheryl completed Duke Integrative Medicine's Yoga for Seniors Therapist program. Cheryl has completed her Level 1 and 2 iRest yoga nidra training with Dr. Richard Miller of the Integrative Restoration Institute and is currently working on her Level 3 certification. Cheryl is also a certified in the evidence-based Yoga Warriors trauma-sensitive yoga method. Cheryl teaches iRest at Camp Lejeune for Lejeune Naval Hospital's "Back on Track" program for Post-Traumatic Stress Disorder. Cheryl was selected for the February 2011 "Hero Spotlight" by the Defense Center of Excellence for Psychological HealthC and Traumatic Brain Injury "DCoE in Action" publication.

