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Yoga Nidra By Richard Miller PhD**

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Richard Miller, PhD, Richard is the founding president of the Integrative Restoration Richard serves as a research consultant studying the iRest Yoga Nidra

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Richard Miller. Richard Miller, PhD, iRest Yoga Nidra, Richard developed the nondual meditation protocol known as Integrative Restoration, or iRest,

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International Association of Yoga Therapists Integrative Restoration Institute Richard C. Miller, Ph.D. (born 1948) is a clinical psychologist, author,

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Richard Miller is the author of *The Structure of Singing Yoga Nidra: A Meditative Resting in Stillness: Integrative Restoration*

## **About restful being**

Restful Being runs Oxford yoga James Reeves specialises in the iRest Yoga Nidra protocol, created by Richard Richard founded the Integrative Restoration

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