

Certificate of Attendance

Integrative Restoration Institute


hereby recognizes

Lydia Leos

as having attended the 31.75 hour

Integrative Restoration - iRest® Level 1
Yoga Nidra Training

with all the rights and privileges pertaining to an iRest Level 1 Teacher
given this Thirtieth day of October, Two Thousand and Twenty-two.


Richard C. Miller, PhD
Founder


Kirsten Guest
Director of Certification