

Bio: Richard C. Miller, PhD



Richard C. Miller, PhD is the Founder of iRest Institute, Co-Founder of the International Association of Yoga Therapists, Creator of iRest Yoga Nidra Meditation, and Founding Member and past President of the Institute for Spirituality and Psychology. He is a clinical psychologist, author, researcher, yogic scholar, and spiritual teacher who has devoted his life to integrating western psychology and neuro-science with the ancient nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism.

*Author of Yoga Nidra, The iRest Meditative Practice for Deep Relaxation and Healing, iRest Meditation: Restorative Practices for Health, Healing and Well Being, The iRest Program for Healing PTSD, and Yoga Nidra: The Meditative Heart of Yoga,* Richard serves as a research consultant studying the nondual somatic-based meditation protocol he's developed —iRest Yoga Nidra Meditation— researching its efficacy on health, healing, and well-being with diverse populations and issues. Grounded in 35+ research studies, the US Army Surgeon General and the Defense Centers of Excellence have recognized iRest as a Complimentary Program for healing chronic pain and PTSD. Richard leads international trainings and meditation retreats on the integration of enlightened living into daily life.