



*Spirit Rock*  
MEDITATION CENTER

## ISP\* EVENING SERIES

**JOSEPH BOBROW ROSHI** is a Zen teacher, a licensed psychologist, and author. The founder and guiding teacher of Deep Streams Zendo and Institute in San Francisco, he writes on Zen, and the interplay of Buddhism and psychotherapy in relieving suffering and helping us realize and embody our true nature. For more info on Deep Streams visit [www.Deepstreams.org](http://www.Deepstreams.org).

**RICHARD MILLER, PHD** is the founder and managing director of Explorations In Stillness and Source Yoga. He presents meditation and self-inquiry retreats throughout North America on the Yoga of Nondualism, and has a clinical psychology practice integrating spirituality in psychotherapy. He was co-founder of the International Association of Yoga Therapy (IAYT) and founding editor of its professional journal, *The Journal of IAYT*. He is also the founder and director of The Marin School of Yoga, and an adjunct professor at San Francisco State University, Department of Holistic Studies. His publications include *The Book of Internal Exercises*; *Infinite Awakening: The Principles and Practice of Yoga Nidra*; chapters in *The Sacred Mirror: Nondualism and Psychotherapy*, *American Yoga*, and *Will Yoga and Meditation Really Change My Life?*

### WELCOMING SOLDIERS HOME: *Psycho-Spiritual Approaches for Healing Our Wounded Warriors*

*with Joe Bobrow, Richard Miller*

THURSDAY, MARCH 13, 7 - 9 pm

COMMUNITY MEDITATION HALL

Join Joe Bobrow (The Coming Home Project - CHP) and Richard Miller (Integrative Restoration - iRest) for an evening of inspirational and spirited dialogue regarding their ongoing work with soldiers returning from the war fronts of Iraq and Afghanistan, and their families and health care workers. CHP and iRest integrate principles drawn from Buddhism, Yoga and psychotherapy.

Joe will present his work with The Coming Home Project, which is comprised of veterans, interfaith leaders and psychotherapists experienced with combat-related trauma. CHP offers innovative care for healing mental, emotional, spiritual and relationship issues that face Iraq and Afghanistan veterans and their families. Programs include retreats, counseling, training and self-care, which take place in natural settings and emphasize: 1) unconditional acceptance, compassion and love to foster a safe environment for heartfelt sharing, 2) stress management skills drawn from Buddhist and Yoga principles, and 3) creative writing and drawing.

Richard will lead a brief experience of iRest and present his ongoing research with the military and the relevancy of the iRest protocol for mental, physical and spiritual healing. iRest is currently being studied at Walter Reed Army Hospital Center and other sites throughout North America where it is being recognized as an up and coming treatment for post-traumatic stress, as well as a stress resiliency training program. iRest is also being studied with the homeless and chronic pain sufferers, among other populations, as well as being offered as part of the yogic path for awakening to our timeless nature of pure being.

\* THE INSTITUTE FOR SPIRITUALITY & PSYCHOLOGY

Cost \$25. Register online at [www.spiritrock.org](http://www.spiritrock.org) by finding the calendar listing, or call (415)488-0164 x 234, Monday - Friday, 10am - 5pm. Continuing Education (CE) Credit available for MFTs, LCSWs, psychologists and nurses from SCRC for \$15. Pay for your CE credits when you arrive.

IN CONSIDERATION OF OTHERS, PLEASE DO NOT WEAR ANY SCENTED PRODUCTS, INCLUDING NATURAL OR ESSENTIAL OILS.