



a day-long adventure in study and practice

the recognition of our own heart: *pratyabhijñahridayam*

with *kathleen knipp and tina koskelo*

saturday, february 18, 2017 montreal

We will engage in an exploration of a beautiful, short, 20-verse 11th century text called *The Recognition of Our Own Heart*. The study of a text is also the study of ourselves. The text will be used as a springboard for introducing and discussing the non-dual philosophy of Self-recognition in Kashmiri Shaivism. No experience with text study is necessary, simply an interest in understanding Consciousness in its play as ourselves. The seminar will include lecture, chant, discussion and various practices to illustrate the text's relevance to our everyday lives.



Kathleen Knipp and Tina Koskelo are co-translators of the text in the forthcoming book, "Recognition of our Own Heart" by their teacher Joan Ruvinsky. Avid yoginis and 500hr teachers trained first in the Kripalu tradition, Kathleen and Tina were profoundly influenced by the non-dual teachings and now share Pathless Yoga body and breath sensing and iRest® Yoga Nidra in Montreal and at seminars and retreats in Canada and the US. When not on the yoga mat or cushion they might be found wandering in the mountains, paddling on lakes or accompanying those at the end of life.

cost: \$50 before february 11, \$70 after

registration: Tina Koskelo 705-457-6675 tina.koskelo@gmail.com

saturday, february 18, 10-4:30 5425 Park Ave

please feel free to bring a bag lunch