



Quiet, gentle movement as a gateway to our inherent spaciousness

pathless yoga body and breath sensing seminar

with kathleen knipp

saturday, january 28 montreal

Through quiet sitting, breath sensing and non-volitional movement we will inquire into the true experience of the body, softly tuning it to recognize its vibration with the deep current of life. No experience, skill, discipline or flexibility is required; simply an attitude of playful curiosity.



Profoundly influenced by the non-dual teachings of Jean Klein as offered through Joan Ruvinsky and Éric Baret, Kathleen Knipp shares her love of Pathless Yoga body and breath sensing, the texts of Kashmir Shaivism and iRest® Yoga Nidra in Montreal and elsewhere in Canada and in the US.

A former resident of Kripalu Center for Yoga and Health, an E-RYT500 yoga teacher and co-founder and former director of Global Yoga Journeys, Kathleen has been fully absorbed in the study and practice of yoga for more than 20 years. She pursues her bliss by chanting, hiking and back-packing, preferring wandering in the woods and exploring the meditations from the Vijñāna Bhairava over most sorts of formal practice.

cost: \$50 maximum of 14 participants

registration: Kathleen Knipp kk@pathlessyoga.com 514-885-6841

saturday, january 28, 2017 10-4:30 5425 park avenue

please feel free to bring a bag lunch