



Quiet, gentle movement as a gateway to our inherent spaciousness

pathless yoga 1-day silent retreat

sunday, october 29 9:30-4pm 5425 park avenue

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.

Resting in stillness – in *yoga nidra* – we will listen deeply to what most wants to be seen, felt and heard. Meeting ourselves just as we are, tensions, emotions and concepts that are no longer useful may be released, revealing our natural state of transparency.

Profoundly influenced by the non-dual teachings of Jean Klein as offered through Joan Ruvinsky and Éric Baret, Kathleen Knipp, E-RYT 500, 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.

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: \$65 by october 11, \$75 after

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

please bring a bag lunch