



iRest® yoga nidra



# the meditative heart of yoga

sunday, september 17 3-5pm 5425 park avenue

*Resting in stillness, we listen deeply ...  
for 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.*

Yoga nidra is a simple, meditative technique practiced while resting comfortably. Literally “sleep of the yogi”, it is an ancient practice of deep relaxation and guided meditative inquiry that releases negative thought patterns, calms the nervous system and helps one to develop the capacity to be with whatever life presents. The workshop will include a guided *yoga nidra* practice, time for integration and Q&A.

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. Having assisted in the development of the iRest® Yoga Nidra teacher training curriculum under the direction of Richard Miller, PhD, she acts as a supervisor for its certification candidates and maintains a private practice offering dyadic yoga nidra.



cost: \$30

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

**pathlessyoga.com**