



Life as practice, practice as Life. The everyday miracle.

pathless yoga: the everyday miracle 3-day silent, non-dual retreat

with kathleen knipp

october 19-22, 2017 willow springs, mo

Celebrating in community the fullness that is already here - the everyday miracle. Life as practice, practice as Life. During this predominantly silent 3-day retreat the myriad of practices from the nondual Tantric tradition will be engaged, including quiet sitting, body and breath sensing, iRest® yoga nidra, inquiry dyads, chant as well as outdoor practices from the Vijnana Bhairava.

Four gatherings in community per day are interspersed with free time for contemplation and integration as we experience the multi-dimensional exploration of the aspects of Being. The gift of silence allows true listening to emerge. Each day dialogues deepen the understanding that is uncovered as the retreat progresses.



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: \$550, before september 14 \$625 after

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details: pathlessyoga.com