



Quiet, gentle movement as a gateway to our inherent spaciousness

body as a breath of the self

with kathleen knipp of pathless yoga

saturday, march 11 sol center, tucson

Through quiet sitting, breath sensing, non-volitional movement and yoga nidra we inquire into the true experience of the body, softly tuning it to recognize its vibration with the deep current of life. Resting in stillness, we 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. No experience, skill or flexibility is required; simply openness and 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: \$60

location: sol center 3131 n. country club, suite 112

registration: natasha korshak natasha@solcenter.com 520-628-YOGA (9642)

date/time: saturday, march 11th from 10:00 am to 4:30 pm

*please bring a sack lunch