



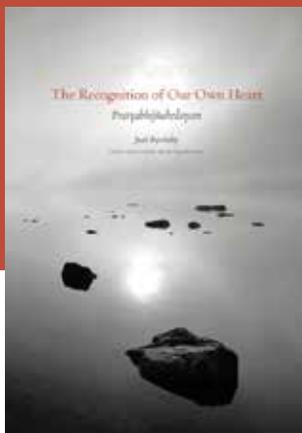
# The Recognition of Our Own Heart

*Pratyabhijñahridayam*

a weekend adventure in study and practice  
with kathleen knipp

The study of a text is also the study of ourselves. Join a weekend of lively discussion and practice as we explore the beautiful, short, 20-verse, 11th-century *Pratyabhijñahridayam*, drawing upon the recently published book, “The Recognition of Our Own Heart,” by Joan Ruvinsky. The text will be used as a springboard for introducing and discussing the non-dual philosophy of Self-recognition in Kashmiri Shaivism. No experience with text study is necessary, simply an interest in understanding Consciousness in its play as ourselves.

pathlessyoga.com



friday, dec. 6, 7-9 pm  
saturday, dec. 7, 9-12 | 2-5 pm  
sunday, dec. 8, 9-12 | 2-4.30 pm

at 1017 s. glenwood

\$200 (taxes included) early registration by november 1  
\$250 after november 1  
registration: kim james 573 424-9115 | kimmi.g@gmail.com