



Intimate silence for almost 48 hours to unplug, practice and just be.

pathless yoga silent, residential mini-retreat

with kathleen knipp

friday, april 17 - sunday, april 19, 2020

Gatherings in community for quiet sitting, body and breath sensing, chant, iRest® yoga nidra and inquiry dyads are interspersed with free time for contemplation, rest, individual study and integration. No experience, skill, discipline or flexibility is required. All are welcome.

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 & 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 25 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: \$230 includes tuition, vegetarian meals* and accommodation

location: 5425 av du parc, montreal

time: friday after dinner until sunday before lunch

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

*please bring your own lunch for saturday