

Nondual Retreat with Joan Ruvinsky



Pearce, Arizona (southern Arizona mountains) November 6-10, 2009

This predominantly silent retreat seeks to integrate the nondual teachings into everyday life in a natural setting. Combining classical practices such as body sensing yoga, pranayama, quiet sitting and yoga nidra with outdoor practices taken from the *Vijñana Bhairava*, an early Tantric text of Kashmir Shaivism, we will come to experience everyday life as an expression of the Absolute.

In these sacred mountains (pictured above), which have served as a healing environment for centuries, we come together for restoration and reintegration into who we truly are beyond the divisions that separate us from our True Nature. If your path does not follow the conventional yoga mat tradition, join us in hiking, goofing off, sharing silence, eating healthy food and whatever. (The ability to hike slowly three miles over fairly rough terrain above 6,000 ft. is a requirement). This retreat fulfills one of the requirements for the Center of Timeless Being iRest Yoga Nidra Teacher Certification.

Information and registration: Kathleen Knipp 514-527-7444 or kkbluebird@yahoo.com

4-day retreat for \$790 including housing and vegetarian meals

Upcoming Retreats:

Tampa, Florida
January 6-10, 2010

Highland Mills, New York
June 17-21, 2010

In 1989, after 13 years of attempts at path-finding, Joan Ruvinsky met Jean Klein, who, having never taken himself to be a teacher, eliminated the need to be a student, to have a path, a method or a goal. At home in these nondual wisdom teachings, Joan shares body sensing yoga, conversation and presence at her center *Pathless Yoga-La voie sans voie* in Montreal and at retreats and workshops in other states and provinces. She has kept close fellowship with Richard Miller and Éric Baret since their days together with Jean Klein.

Joan has the regular approbations from Integral Yoga, Integrative Yoga Therapy and Yoga Alliance E-RYT₅₀₀. She offers seminars on the Yoga Sutras of Patanjali, iRest Yoga Nidra, and is a member of the Council of Stewards of the Center of Timeless Being.



For more information: www.pathlessyoga.com