



a day-long immersion in study and practice

the recognition of our own heart: *pratyabhijñahridayam*

with kathleen knipp

saturday, february 3, 2018

5425 park ave

We will engage in an exploration of *The Recognition of Our Own Heart* – a beautiful, short, 20-verse Kashmir Shaivist text from the 11th century, which remains highly relevant to our everyday lives. The one-day immersion is appropriate for those who have an interest in understanding Consciousness in its play as ourselves and who already have with some familiarity with the text. It will include an overview, chant, discussion and various practices for “steeping” in the text and integrating it at a deeper level.



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.

9:30 AM - 4:30 PM

\$85 Group size is limited. Preregistration is necessary.

Registration: Kathleen Knipp kk@pathlessyoga.com 514.885.6841