



the yoga of nonduality

with kathleen knipp of pathless yoga

saturday, january 6, 2018 9:30 am - 12:30 pm sol center, tucson

The costumes we wear, such as our personalities, our preferences and our roles, thoroughly convince us of our existence as separate individuals. “I am because I like strawberry ice cream,” “I am because somebody loves me,” “I am because I am suffering,” and so forth. Our professed self-definition rests on our masks so much that we completely miss the frequent moments of pure freedom. As we let these constructions soften, we may see behind our habitual identifications to the spaciousness we are, beyond our self-concepts, our limitations and restrictions. In seeing through these often self-imposed accumulations, we come to recognize our inherent non-separation.

Through practices from the nondual Tantric tradition, including body and breath sensing, quiet sitting, iRest® Yoga Nidra and chant, this micro-retreat offers the opportunity to experience what comes of letting go of who we are pretending to be.

Profoundly influenced by the non-dual teachings of Jean Klein as offered through Joan Ruvinsky and Éric Baret, Kathleen Knipp, E-RYT 500, 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.

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: \$35

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

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

date/time: saturday, january 6 from 9:30 am to 12:30 pm