

Nondual Retreat with Joan Ruvinsky



St. Louis, Missouri ***September 17-21, 2009***

Absorbed in the essential, yet fully participating in sensing, acting and responding, Consciousness unfolds through us, in us, and as us, dissolving the apparent separation that the body/mind suggests. This predominantly silent retreat fulfills one of the requirements for the Center of Timeless Being iRest Yoga Nidra Teacher Certification.

Using a myriad of practices from the yoga tradition including pranayama, quiet sitting, body sensing yoga, chant, yoga nidra and inquiry dyads, a multi-dimensional exploration of the aspects of Being is experienced. Four gatherings in community per day are interspersed with free time for contemplation and integration. The gift of silence allows true listening to emerge. Each day dialogues deepen the understanding uncovered as the retreat progresses.

Information and registration: Terry Wilson 573-491-3392 or twilson@socket.net

4-day retreat for \$690, including housing and vegetarian meals

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