

# pathless yoga



## Pathless Yoga Retreat Registration Form

Highland Mills, New York  
June 27-July 1, 2012

4-day silent retreat  
\$690

**Cancellation Policy:** Cancellations before 60 days will receive a refund less a \$50 processing fee. Cancellations between 60 and 30 days will receive refund less a \$100 processing fee. No refund can be made within 30 days of the retreat unless your place can be filled from the waiting list.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Signature \_\_\_\_\_

### *Send registration & payment to:*

Kathleen Knipp  
987 Cherrier  
Montreal, Quebec H2L 1J2  
CANADA  
514-527-7444 or [kk@pathlessyoga.com](mailto:kk@pathlessyoga.com)

Checks or money orders in US funds made payable to:

*Pathless Yoga*

[www.pathlessyoga.com](http://www.pathlessyoga.com)

## Pathless Yoga Retreat Details

This 4-day silent retreat begins with dinner on June 27 and ends with lunch on July 1. Cost includes 4 nights single accommodation, shared bath and 12 vegetarian meals.

**Retreat size:** This retreat is limited to 25 people.

**Retreat Location:** Bethany Spirituality Center  
15 Bethany Drive  
Highland Mills, NY 10930

Set on a beautiful 78-acre lakefront property at the foot of the Catskill Mountains one hour northwest of New York City, the Bethany Spirituality Center offers a welcoming atmosphere of quiet and peace.

**Transportation:** Bethany's staff provide free pick-up service from Stewart International Airport, Metro-North's Harriman train station and the Short Line Bus stop in Highland Mills.

To arrange pick-up contact  
Mary Spanos at 845-460-3061 or  
[info@bethanyspiritualitycenter.org](mailto:info@bethanyspiritualitycenter.org)

Confirmation, directions and a packing list will be sent via email once your registration has been received.

### Sample Schedule:

6:00 to 7:00am	Personal Practice (optional)
7:00-8:00am	Breath Sensing and Quiet Sitting
8:00am	Breakfast
9:30am to 12:00	Body Sensing and Yoga Nidra
12:00	Lunch
3:00-5:30pm	Dyads and Discussion
5:30 pm	Dinner
7:00pm	Kirtan, Poetry and Quiet Sitting

**CEU's:** The 4-day retreat provides yoga teachers who are members of Yoga Alliance with 30 contact hours.