

pathless yoga



Pathless Yoga Retreat Registration Form

Highland Mills, New York
June 17-21, 2010

**4-day retreat
\$650**

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

Checks or money orders in US funds made payable to:

Pathless Yoga

www.pathlessyoga.com

Pathless Yoga Retreat Details

This 4-day silent retreat begins with dinner on June 17 and ends with lunch on June 21. Cost includes 4 nights single accommodation, shared bath and 12 vegetarian meals.

Retreat size: This retreat is limited to 30 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.

Contact Kathleen Knipp to arrange pick-up.
514-527-7444 or kk@pathlessyoga.com

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

Sample Schedule:

6:30 to 7:30am	Personal Practice (optional)
7:30-8:30am	Pranayama and Quiet Sitting
8:30am	Breakfast
10am to 12:30	Bodysensing and Yoga Nidra
12:30	Lunch
3:30-6:00pm	Dyads and Discussion
6:00 pm	Dinner
7:30-9:15pm	Kirtan and Quiet Sitting

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