

pathless yoga

Pathless Yoga Retreat Registration Form

Highland Mills, New York
October 13-20, 2012

7-day silent retreat
\$1195 single accommodation

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

Application Process: This retreat is by application only. *Before* completing this registration form, please apply by contacting Kathleen Knipp: kk@pathlessyoga.com or 514-527-7444.

This 7-day silent retreat begins with dinner on October 13 and ends with lunch on October 20. Cost includes 7 nights single accommodation, shared bath and 21 vegetarian meals. **Note:** It is *required* that you arrive in time for the opening session and that you plan to remain until the end of the closing session.

Retreat size: This retreat is limited to 20 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

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 Pranayama
12:00	Lunch
3:00-5:30pm	Dyads, Discussion and Yoga Nidra
5:30 pm	Dinner
7:00pm	Kirtan, Poetry and Quiet Sitting

CEU's: The 7-day retreat provides yoga teachers who are members of Yoga Alliance with 52 contact hours.