

Nondual Retreat with Joan Ruvinsky



Highland Mills, NY October 13-20, 2012

Traceless, yet palpable, neither moving nor unmoving, the play of opposites unfolds in This, simultaneously bubbling up and being reabsorbed. Pure experiencing just happening, with no one in particular experiencing and nothing in particular being experienced, as all the while we superimpose names like Tuesday, work, play, retreat, practice, I, you. This 7-day predominantly silent retreat for seasoned practitioners affords the opportunity to inquire into the notions of experiencer, experienced and the possibility/actuality of pure experiencing.

A myriad of practices from the Tantric Yoga tradition will be engaged, including quiet sitting, body and breath sensing, chant, yoga nidra, inquiry dyads, gazing, as well outdoor practices taken from the Vijñana Bhairava. 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 that is uncovered as the retreat progresses.

Paradoxically, this retreat fulfills one of the requirements for the Integrative Restoration Institute iRest Yoga Nidra Teacher Certification.

Application Process: This retreat is appropriate for those whose pursuit of freedom is (or has been) an urgency, not a luxury, for those who are comfortable maintaining silence, who are interested in intense self-inquiry and in the adventure of the disidentification that this tradition invites.

To apply: Call or email Kathleen Knipp kk@pathlessyoga.com or 514-527-7444

7-day retreat for \$1195, including housing and vegetarian meals. Retreat is limited to 20 people.

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 in Canada and the US. 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 satsang and the occasional seminar on body sensing, yoga history and philosophy, the *Yoga Sutras of Patañjali*, the *Vijñana Bhairava* and iRest Yoga Nidra, both in French and English.



For more information: www.pathlessyoga.com