

Nondual Retreat with Joan Ruvinsky



St. Louis, Missouri September 16-20, 2010

In the simplicity of just listening, concepts are seen to be what they are, merely concepts, and the background of being reveals itself as we come to celebrate the multitude of forms the formless takes. Paradoxically, this predominantly silent retreat fulfills one of the requirements for the Integrative Restoration Institute iRest Yoga Nidra Teacher Certification.

Using a myriad of practices from the tantric yoga tradition including pranayama, quiet sitting, body sensing, 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 WilsonT@health.missouri.edu

4-day retreat for \$725, including housing and vegetarian meals

Upcoming Retreat:

**Tampa, Florida
January 12-16, 2011**

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