

Non-dual Retreat with Kathleen, Jeanne and Tina



Coming Home Boise, Idaho May 19-22, 2017

There is no practice that brings *This*, nothing that takes It away, and yet... somehow we are called... this ever-present, changeless light calling Itself home.

During this predominately silent 3-day retreat, the myriad of practices from the non-dual Tantric tradition are drawn upon, including quiet sitting, body and breath sensing, iRest® yoga nidra, inquiry dyads, chant as well as outdoor practices 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 a short period of dialogues serves to deepen the understanding that is uncovered as the retreat progresses.

Information and registration:
Jeanne Dillion 208-345-7113 or
jeannedillion@yogaforwellnesspro.com

Profoundly influenced by the non-dual teachings of Jean Klein as offered through Joan Ruvinsky and Éric Baret, Kathleen Knipp shares her love of Pathless Yoga body sensing, the texts of Kashmir Shaivism and iRest® Yoga Nidra in Montreal and elsewhere in Canada and in the US.



3-day retreat
private bath and vegetarian meals
double: \$570 (\$645 after March 21)
single: \$700 (\$775 after March 21)



Jeanne Dillion, E-RYT 500, is a Yoga Therapist and the Director of Yoga for Wellness, LLC. She is certified through the Integrative Yoga Therapy program and the Integrative Restoration Institute. Her teaching style is gentle, compassionate and accessible to everyone in every health condition.

Tina Koskelo has been absorbed in the study and practice of yoga since 2000. She is certified in iRest® and Kripalu Yoga. Along with her love of sharing non-dual practices and dialogue, she can be found outdoors...in her canoe, in the woods on foot or skis...a yogini of the natural world.



For more information: www.pathlessyoga.com