

## Nondual Retreat with Joan Ruvinsky



### Boise, Idaho May 4-7, 2012

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.

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 a short period of dialogues serves to deepen the understanding that is uncovered as the retreat progresses.

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

Information and registration: Jeanne Dillion 208-345-7113 or [jeannedillion@yogaforwellnesspro.com](mailto:jeannedillion@yogaforwellnesspro.com)

3-day retreat with double occupancy, private bath and vegetarian meals for \$525 (\$600 after March 1).

Single occupancy upgrade \$650 (\$725 after March 1).

#### Upcoming Retreats:

Highland Mills, NY  
June 27-July 1, 2012

Eastman, Quebec (in French)  
August 2-6, 2012

Highland Mills, NY  
October 13-20, 2012

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-RYT<sub>500</sub>. She offers satsang and the occasional seminar on body sensing, yoga history and philosophy, the Yoga Sutras of Patanjali and iRest Yoga Nidra, both in French and English.



For more information: [www.pathlessyoga.com](http://www.pathlessyoga.com)