

The Promise of Kum Nye

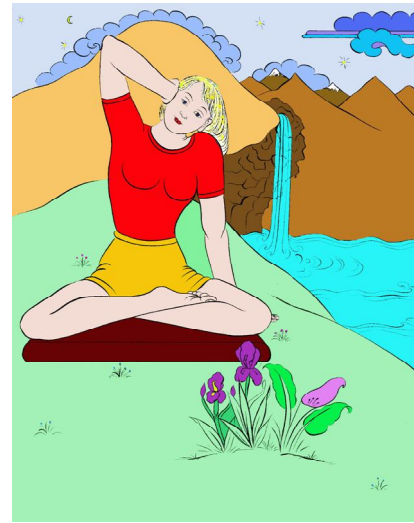
Deepening Meditation with Kum Nye Energy Yoga

A week-long retreat of Tibetan Yoga,
Relaxation & Meditation led by Arnaud Maitland

Director of Dharma Publishing & Senior Kum Nye Teacher

16th August (afternoon) through to 23rd August

at Ammerdown Retreat Centre, Somerset



Kum Nye practice, when done regularly, generates a process of deeply relaxing both the body and mind. It opens a path of spiritual development in the midst of daily life and lays a foundation for meditative practices. The spiritual path begins when we realize we want to get the most out of life. Kum Nye exercises help to draw the fullness of life into you and this vitality is reflected in what comes out of you. Kum Nye is life. It enhances your ability to feel, to sense.

Kum Nye yoga heals both our bodies and minds, balancing, integrating and energizing the whole of our being, inviting a sense of wholeness and calm within ourselves and in relationship to others and our environment. Kum Nye is an energy yoga. It relieves stress and teaches us new ways to deal with times of change. When we alleviate stress we start to feel an ongoing sense of wellbeing. This gentle healing system transforms negative patterns.

During the week we will explore the meaning of Kum Nye through practice and study.

We will learn to sense our being or **Kum** (sKu). Kum refers to the body, not the physical, but rather our embodiment. It encompasses all aspects of our being. Kum refers to our presence in space. We will activate **Nye** (mNye). Nye means massage in the sense of interaction; it refers to stimulating feeling which can refine, recreate, and regenerate all of the patterns of the living organism. With Nye our energy constantly refreshes itself. Nye provides us with the refreshment and vigor necessary to sustain our passion for living. **We will work with Tarthang Tulku's books 'Kum Nye - Tibetan Yoga' and 'Joy of Being' (both Dharma Publishing).**

Arnaud Maitland holds an MA in Buddhist psychology and philosophy; and has been a student of Tarthang Tulku for over 30 years. A Nyingma teacher and one of the few Kum Nye teachers authorized by Tarthang Tulku, Arnaud is author of *MasterWork - mastering Time* (2000) and *Living without Regret* (2006), both published by Dharma Publishing. Currently, Arnaud is director of Dharma Publishing and the Center for Skillful means.

Ammerdown is a Retreat Centre nestling in woods next to a Stately Home, surrounded by beautiful landscaped gardens and parkland, with an exquisitely beautiful chapel in its midst. The whole place is steeped in peace and tranquillity. Ammerdown is easily accessible, located only 12 miles from Bath. www.ammerdown.org

Costs for the week, including en-suite accommodation, meals, and tuition are: £795 (single room, allocated on a strictly 1st come 1st served basis) or £695 (twin room).

To book, complete the booking form and return it to:
[Bram Williams, 1c Ariel Road, London, NW6 2DX](#),
along with your deposit of £180*
(cheques payable to 'Bodhi-Yoga').

For enquiries, or if you didn't receive a booking form with this message, email bram@bodhi-yoga.co.uk

Balance is due by 14th July.
Directions will be sent with deposit receipt.

*Deposit is non refundable once your place has been allocated

