



Kum Nye in Stratford...

Learn to relax!

What is Kum Nye and how will it benefit me?

Kum Nye is a Tibetan approach to wellbeing... to feeling comfortable in your own skin. It is sometimes called "Kum Nye relaxation" or "Kum Nye yoga".

(The Tibetan words are pronounced "koom nyay").

Kum Nye uses gentle movement, postures, self-massage, breathing, visualisation and voice to generate physical feelings in the body.

Then we sit still and pay steady attention to these feelings.

As the feelings begin to flow, the stress that comes from being 'in our heads most of the time' begins to release.

Body, breath and mind come together. When that happens, there is a new experience... we gradually become calm, still, alert and naturally balanced.

Is Kum Nye like other kinds of yoga?

You may notice similarities to other mind/body disciplines. But in Kum Nye we start by learning to **feel**.

Feelings and sensations are the experience of life energy in the body.

Kum Nye focuses on these feelings, but goes beyond just observing. We aim to directly embody the experience of feeling/breathing/knowing.

Where does Kum Nye come from?

Kum Nye was introduced to the western world by Tibetan Buddhist teacher Tarthang Tulku in the 1970s. Simon's classes are based on his first book on the topic;

Tarthang Tulku (1978, 2007); "Kum Nye Tibetan Yoga - A complete guide to health and wellbeing", Dharma Publishing.

Kum Nye originally comes from two main sources; Tibetan medicine, and the Buddhist 'Vinaya'. However, there is very little in it which is specifically Buddhist. It's a mind/body practice. Anyone with a mind and a body can benefit from and enjoy Kum Nye!

What qualifications does Simon have to teach Kum Nye?

Simon is authorised to lead Kum Nye classes by Kum Nye UK, a small group of experienced Kum Nye practitioners which is directly overseen by a senior student of Tarthang Tulku.

Simon's done various courses and retreats, including teacher-training. He also did the 1986/87 Nine-Month Kum Nye Programme at the Nyingma Institute in California.

He's DBS (police) checked for working with adults.

What about health and safety?

Although Kum Nye is usually quite gentle and 'easy', there are some exercises you should avoid if you are pregnant or if you've recently had a back or neck injury, or an operation. Please let Simon know if that applies to you. Please also let him know if you are visually or hearing impaired, or if you have any other health issues you feel he should know about.

As with any form of exercise, if you have any doubts, you should first check with your doctor.

Is this a good way to get fit?

Kum Nye can be very enjoyable, but it will not make you aerobically fit or give you an athlete's body.

Over time, regular practice may give you more body flexibility, and a sense of alert calm wellbeing.

What equipment do I need to bring?

In general, all you need in order to do Kum Nye is your own body, breath and mind!

However, in Kum Nye, we spend a lot of time sitting still, developing the feeling experience stimulated by the exercises. It's a very important part of the practice, so we need to be in a comfortable sitting position, either on a firm cushion or, if that's difficult, on a chair.

Please **bring your own cushion**. Also, if you have a **yoga mat** or a small **blanket**, it will make sitting on the floor more comfortable.

Where does the money go?

These classes are offered on a non-profit basis. The class payment is mainly used to cover the costs.

Any surplus is split between the Alain Rouvere Nepal Fund www.alainrouveure.com, and the non-profit Nyingma organisations founded by Tarthang Tulku www.nyingmamandala.org.

If you would like to pay less, or more, please ask!

Personally, Simon's benefited enormously from doing Kum Nye and is really happy to have the opportunity to share it with other people.

Interested? Contact Simon: knysimon115@gmail.com