

# Tibetan Yoga and Meditation Kum Nye 2019



Presented by  
**Jonathan Clewley**

**September to  
December  
Saturday morning  
Workshops**

10am-1pm

21st September

26th October

23rd November

14th December

The Art of Wellbeing  
Centre  
36 High Street  
Pershore  
WR10 1DP

Kum Nye Yoga is a Tibetan approach to yoga and meditation. It is mindfulness of body, feelings, breath, senses and mind; achieved through postures, movement, breathing, stillness and meditation; which activate the flow of energy in the body.

The workshops will be suitable for all: newcomers and more experienced practitioners. The workshops will provide both an introduction to Kum Nye and an opportunity to practise it.

**Jonathan Clewley** has been practising Kum Nye for many years, and is an authorised teacher. He is registered with the Independent Yoga Network, IYN.

The cost is £10 per workshop. There will be different practices in each, so any may be attended individually.

Although "drop-in" may be allowed, preferably please confirm your attendance by emailing

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mobile: 07951 917 588

Refreshments will be available.

[www.kumnyeuk.org](http://www.kumnyeuk.org)