

Tibetan Yoga and Meditation Kum Nye



Presented by
Jonathan Clewley

**September to
December 2018
Saturday morning
Workshops**

10am-1pm

29th September
10th November
15th December

The Den,
Holland House,
Cropthorne,
Pershore,
WR10 3NB

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

jpclewley@icloud.com

or text: 07951 917 588

or phone: 01386 556936

Refreshments will be available.

www.kumnyeuk.org