

Tibetan Yoga and Meditation Kum Nye 2019



Presented by
Jonathan Clewley

**January to June
Saturday morning
Workshops**

10am-1pm

26th January

23rd February

30th March

April date & venue tbc

25th May

29th June

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

jpclawley@icloud.com

mobile: 07951 917 588

Refreshments will be available.

www.kumnyeuk.org