

# Kum Nye Relaxation Meditation and Yoga



## Jonathan Clewley

### Saturday morning Workshops 2020

10am-1pm

18th January

15th February

14th March

18th April

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

Kum Nye Relaxation is a way to meditation through yoga-like exercises. It is mindfulness of body, sensations, feelings, breath, senses and mind; achieved through postures, movement, breathing, and stillness.

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

Jonathan Clewley is an authorised Kum Nye teacher, registered with the Independent Yoga Network, IYN.

The cost is £15 per workshop. Each will have a different theme, so may be attended separately.

Enquiries:

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Bookings: [www.theartofpranayama.com](http://www.theartofpranayama.com)