

KUM NYE SELF MASSAGE WEEKEND

# Like Water Through Water

Friday 11th to Sunday 13th October

Domus Mariae Retreat Centre, Woodford Bridge, Essex

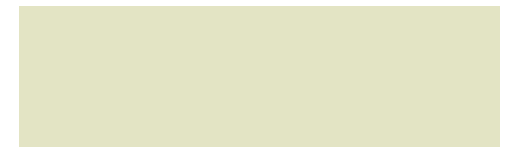
## RELAXATION & VITALITY

The unique value of the Kum Nye system of relaxation is that it views the body and mind holistically, working to integrate and balance the physical and the psychological to achieve health. Kum Nye achieves this by relaxing and healing our bodies and minds, bringing their energies together to function calmly and smoothly. Because it leads to the integration of body and mind in all activities, the relaxation of Kum Nye is more vital and lasting than the feeling of well-being experienced during ordinary physical exercise: when we learn to open our senses and touch our feelings directly, our bodies and minds make full contact with one another, and all our experiences become richer, healthier and more fulfilling. As we become more deeply acquainted with ourselves, growing in self-understanding, we are also able to share more fully with others.



***“THROUGH RELAXATION WE DISCOVER A WHOLE NEW WAY OF BEING”***

Going 'back to basics' and exploring the Self-Massage that underpins the exercises in Kum Nye Tibetan Yoga





*“OUR FEELINGS AND OUR BODIES ARE LIKE WATER FLOWING INTO WATER. WE LEARN TO SWIM WITHIN THE ENERGIES OF THE SENSES.”*

*“The internal ‘swimming’ or self massage melts accumulated tension, releasing energy which has been frozen at a subtle level by our fixed attitudes and concepts. The released energy flows into feeling experience, which then fills every cell of the body. Our bodies become less solid, more fluid and open.”*

**Kum Nye Relaxation and Yoga** was introduced to the West in the 1970’s by Tarthang Tulku, a Tibetan Lama. Kum Nye was detailed in two texts called ‘Kum Nye Relaxation’. Many people practicing today gravitate to the body exercises and movement practices described in the second text. But the teachings were underpinned by a series of breathing techniques and self massage exercises - detailed in the first text. It’s these we’ll work with on this weekend. In essence we’re going back to Kum Nye basics.

*“Massage means interaction. When you massage yourself, you are not affecting only one place on your body; your whole body participates in the massage. A reciprocal relationship develops between your hand and the muscle or the point the hand massages, generating feelings that stimulate interactions throughout the body. Interaction*

*also occurs between physical and non-physical levels of existence, and this interaction stimulates certain energies that, not restricted to the body’s boundaries, spread to the surrounding world.”*

#### **Kum Nye Self Massage Weekend:**

This weekend will be suitable for anyone with an interest in yoga, meditation, massage, body-work practices or similar.

#### **Friday 11th to Sunday 13th October At Domus Mariae Retreat Centre.**

We will start on Friday - arrivals from 4.30pm and conclude on Sunday after lunch. Domus Mariae Retreat Centre is annexed to Chigwell Convent. Set in pleasant surroundings, it is within easy reach of London, by both public transport or by road. Food is vegetarian and specialist diets can usually be catered for. Accommodation is single rooms. Towels and linen are provided.

Cost for the weekend is £240

**How to book:** Send an email to **bodhiyogauk@gmail.com** registering interest and I’ll send you booking details.

#### **Workshop proposed content:**

All sessions will include self-massage, and exercises from **“Kum Nye Tibetan Yoga”** as well as relaxation and meditation practices.

Proposed sessions include, but aren’t limited to, the following:

Enjoying Sensation: Neck & Shoulder Massage. Also the basics of sitting and Kum Nye meditation.

Stimulating Inner Energy: Belly and Back Massage. With some Kum Nye breathing practices.

Balancing the Body: Foot, Leg and Hip massage. And mindful standing and walking.

Balancing the Senses: Arm and Hand Massage. Introducing some more moving exercises.

Sacred Energy: Chest Massage. Working with some key Kum Nye practices - including Opening the Heart.

#### **About the teacher**

Bram Williams studied Kum Nye with the Mahasiddha Yoga School in Oxford, and with senior students of Tarhang Tulku, in California. He has attended many workshops and retreats and gained permission to share Kum Nye in 2010.

Bram also studied in mindfulness, and both Shamatha and Vipassana meditation at SRSG (a respected yoga college) in Northern India and counts himself fortunate to have contact with his teacher there, as well as studying with teachers from the Himalayan Institute in America. He also undertook the British Wheel of Yoga Meditation Modules with BWY Diploma Course Tutor Maarten Vermasse.

As well as being a qualified massage therapist Bram is a Diploma Course teacher with the British Wheel of Yoga, a senior yoga teacher with Yoga Alliance UK and a Yoga Elder with the Independent Yoga Network.

