

Generating Happiness From Within

Kum Nye - Tibetan Yoga



Berlin August 18th 2019, 10 am to 6 pm

Kum Nye lets us experience intimate interactions between mind, body and senses. Becoming aware of these we can learn to align our mind towards joy and generate happiness from within.

Kum Nye is a powerful combination of physical movements and postures, self massage, an elaborate practice of mindfulness and an easy and effective approach to meditation through feeling.

During our one day workshop you will get to know how to invite your mind to your body. Learn how to touch feelings deeply and stimulate the flow of energy inside the body. Working with the power of breath we refresh our senses. We cultivate the inner conditions for joy and happiness. You will receive suggestions for your own daily practice.

"Kum Nye can be your gift to yourself, your gesture of gratitude for your embodiment..."(*TarhangTulku*)

Location: Life Artists Creators Hub, Mila Strasse 4, 10437 Berlin

Fee: € 75.-

Teacher: Richard Alf, Kum Nye Trainer, Gestalt und IIFS Therapie

Enrollment before Aug09.2019 info@freiburg-kumnye.de or mobile +49 176 416 260 95

Bring comfortable clothes and something to write. Please be there ten minutes before start.

Recommended Reading: TarhangTulku "Kum Nye Relaxation"

Info: www.freiburg-kumnye.de