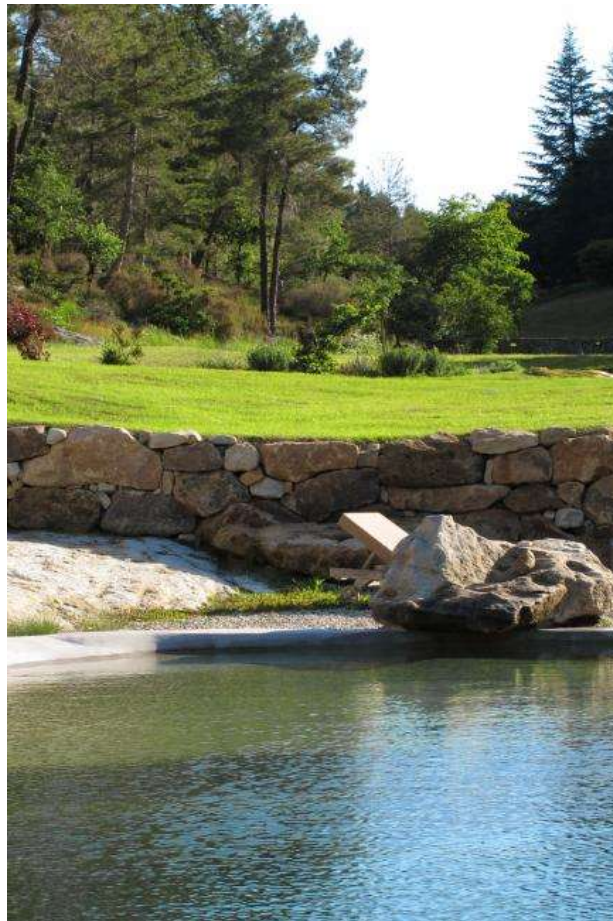




**The Kum Nyé France association offers a retreat
Tibetan yoga Kum Nyé August 1 – August 7, 2021**

With Arnaud Maitland and Sandy Hinzelin

Awakened Heart



Yoga Tibétain Kum Nyé France

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Kum Nye Meditation Retreat Awakened Heart

With Tarthang Tulku Rinpoche's three books on Kum Nye we soften the world of thoughts and the tensions of conditionings. But Kum Nye goes further; it engages the breath, not as something merely to observe, but to invigorate, to hold, and to expand, setting in motion an internal healing. Especially the heart chakra, with its vital information of the living organism that we are, will open.

With Kum Nye we begin to embody life, which has no beginning or end, yet does contain an inner design for human flowering. Steeped in this vitality, we re-discover our natural freedom and the lightness of being we have been all along. Now we will add Rinpoche's book *Revelations of Mind*.

In this precious and comforting teaching, we discover that 'understanding' is actually the captain of the spiritual path. We learn through the art of seeing and inner inquiry, our assumed identity and thought conditionings become more transparent.

'Understanding' has been there all along and accessing it may be one of the most important treasures we can discover within. In addition to spontaneous revelations, the beauty of this 'path of understanding' is all we need to do is to stay with the feeling-experience that 'understanding' ignites. No additional strategy or action is required. 'Understanding' will inform our actions organically and unhindered, life begins to unfold as it should, according to the potential of the seed in the heart chakra.

As we become more open our timing becomes increasingly pertinent. The more open we are, the more our needs will be met. We hope you like to join us as a solid retreat remains important to get the most out of life.

Arnaud Maitland

Kum Nye yoga is a gentle healing system, which relieves stress, transforms negative patterns, and helps us to be balanced and healthy. It increases our enjoyment and appreciation of life and heals both our bodies and minds, bringing their energies together to function smoothly and harmoniously. Because it leads to integration of body and mind in all our activities, this form of Tibetan yoga has a vital and lasting quality. With an ongoing foundation of inner wellness we are also able to be of better help to others. Kum Nye yoga balances, integrates and energizes the whole of our being, inviting a sense of wholeness and calm within ourselves and in relationship to others and our environment.

More: <http://dharmapublishing.com/kum-nye-tibetan-yoga/>



Tarthang Tulku, founder. Arriving in America in late 1968, Rinpoche chose California as his headquarters, and established the Tibetan Nyingma Meditation Center in early 1969. One of the first learned Tibetan exiles to take up residence in the West, he has lived continuously in America for over forty years. With the full support and blessings of Dudjom Rinpoche and Dilgo Khyentse Rinpoche, Tarthang Tulku began in the 1970s to unfold a vision of wisdom in action that would eventually encompass over twenty different organizations and make a significant impact on the transmission of Dharma to the West and the restoration of Dharma in Asia. <http://odiyan.org/index.php/about/founder/>



Arnaud Maitland, teacher. JD, MA Tibetan Buddhist Philosophy and Psychology, senior student of Tarthang Tulku Rinpoche, studying and working in Rinpoche's organizations since 1977. Arnaud is an international retreat and seminar leader and is currently director of Dharma Publishing and Center for Skillful Means. Author of 3 books, Reflections of Faith, MasterWork – Mastering the Energy of Time and Living without Regret – Growing old in the Light of Tibetan Buddhism. <http://arnaudmaitland.com/>



Sandy Hinzelin, co-teacher : Sandy Hinzelin, co-teacher : certified professor of Tibetan Kum Nye yoga, Phd in philosophy. Translations of books written by Tarthang Tulku: The joy of being (Trédaniel, 2018), Time, Space, Knowledge: a new vision of reality (Dharma publishing 2021). Author of Tous les êtres sont des Buddhas, (Sully 2018), Les 12 lois du karma (Jouvence 2021, with Anaka). www.etre-un-bouddha.com

Photo : Anaka, My Yoga Pop Festival Perpignan

The seminar will be led by Arnaud Maitland, Sandy Hinzelin (teachings) and Benedicte Belgacem (organization).



Retreat will take place in Domaine du Taillé

Domaine du Taillé

150 Chemin du Taillé 07200 VESSEAUX

Tel (33) 04 75 87 10 38:

Mail : domainedutaille@wanadoo.fr

To book your place :

a) Accommodation part: contact Domaine du Taillé. Mail: domainedutaille@wanadoo.fr

Accommodation fees in full board depend on your choice. Please, find informations [here](#).

b) Teaching part: the teaching fees are as follows:

	Monthly incomes < 1 600 €	Monthly incomes > 1 600 €
Teaching fees	450 € Early birds, deposit before May 1st: 420€	560 € Early birds, deposit before May 1st: 530€

Arnaud Maitland tells us that the money from the retreat, once the organizational costs are removed, will be for the printing of sacred texts by Dharma Publishing for the preservation of the Dharma.

Please, send to Kum Nye France Association **the completed registration form by e-mail addressed to :** kumnye.france@gmail.com

Name	email	Registration fees	Teaching fees	Total	Deposit (1)	Finalize registration before July 17, 2021 (1)
		15€	€	15€ + teaching fees = €	150€	Total — 150€ = €

(1) We are not able to accept credit card. **Please, pay by bank wire** or cash.

For questions about payment, contact Bénédicte on: kumnye.france@gmail.com

The deposit of 150€ must be paid at registration. Registration fees must be paid in full two weeks before the beginning of the course, i.e. July 17, 2021.

- In case of cancellation on the part of the organizer: the association will not reimburse transportation or accommodation costs, so please remember to make your accommodation reservations accordingly.
- In case of cancellation on your part, the deposit remains due if the cancellation is made one month before the beginning of the course, and the totality of the teaching part is due if the cancellation is made within two weeks before the beginning of the course.

This is the information that you need for a bank wire:

ETABLISSEMENT: 20041 / GUICHET: 01003 / N°COMPTE: 0723987Z024 / CLE RIB : 50

DOMICILIATION: Banque postale Centre Financier 87900 LIMOGES CEDEX 9

IBAN- International Bank Account Number: FR24 2004 1010 0307 2398 7Z02 450

BIC – Bank Identifier Code: PSSTFRPPCLE

ACCOUNT OWNER: KUM NYÉ FRANCE

We wish you a very nice retreat in France