



The Kum Nye France association offers a retreat

Tibetan yoga Kum Nye July 31 – August 6, 2024

With Arnaud Maitland and Sandy Hinzelin

“Knocking on the Doors of Eternity”



La Solitude, in Martillac (near Bordeaux, France)

Association Kum Nye France

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Site <https://yogatibetain.com/>

Knocking on the Doors of Eternity

Everything about us will pass. Thoughts leave no trace. Friends turn out to be not that. Enemies teach us what matters. Everything appears upside down. What is bad may not turn out to be that way; what seems good may become what is unwholesome. What really matters? What is not subject to change? What is reliable? Why do we bet on the wrong horse, impermanence? The one that will not reach the finish line in one piece.

Kum Nye awakens a living continuity, we already embody. No matter what. Kum Nye begins with relaxing the body, melting what has been on hold, often for years. Suppression became our second nature. Secondly, Kum Nye rekindles the infinite flows of life's energies from the toes to the top of the head and beyond. Thirdly, Kum Nye refines the vitality and openness of life in mind and senses. We feel, see, and know Life.

Unbridled energy. Ready to bring forth the complete and perfect possibilities of human being – the promise of Kum Nye.

Tarthang Tulku Rinpoche's Kum Nye opens the door to 'living liberation'. Come and join us to taste the knowledge, power, and love inherent in life. Pursuing life's possibilities, the gestures of Kum Nye are symbols of existence. Restoring continuity of life's open-ended light. We have always been life's gestures, just like every drop of water represents the magnitude of the ocean.

In this one-week retreat, we will jump into the deep water of life, but held close by the merciful kindness of Kum Nye. Especially Tarthang Tulku Rinpoche's second Kum Nye book *The Joy of Being*, specifically chapters 8, 21 and 24 (Dharma Publishing) will be our guide and compass.

Seven days is sufficient for a good taste and strengthening the desire to embody what you already are: full human beings, embodiments of light. This was never born; this will never die. Good timing will grow on you.

Arnaud Maitland



Tarthang Tulku Rinpoche, a traditionally trained teacher and author in the Nyingma lineage of Tibetan Buddhism and Head Lama of the Tibetan Nyingmapa Meditation Center. Rinpoche was born in 1935 in eastern Tibet, where he studied with many of the greatest Tibetan Buddhist masters of the twentieth century. The first lama of the Nyingma lineage to establish residence in the United States, Rinpoche established a mandala of organizations to actualize his long-range vision of preserving the ancient teachings of the Buddha and transmitting them to the modern world.

<http://odiyen.org/index.php/about/founder/>



Arnaud Maitland, JD and MA in Tibetan Buddhist Philosophy and Psychology, has been on retreat for over four years after having studied and worked with Tarthang Tulku Rinpoche full time, since 1977. Leading seminars and retreats solely on Rinpoche's teachings, Arnaud wrote three books, all with Dharma Publishing: *MasterWork*, *Living without Regret*, and *Reflections of Faith* (to be published in Spanish, German, and Portuguese in 2024). Arnaud will try to speak English.

<http://arnaudmaitland.com/>



Sandy Hinzelin (PhD) runs a training organization in practical philosophy. She has been teaching Kum Nye since 2016, and she has written some books on Buddhism. One has been translated into English - "All beings are Buddhas"-, and another one into Dutch - "De 12 Wetten van Karma". Sandy will offer a French translation.

www.etre-un-bouddha.com

Photo : Anaka, My Yoga Pop Festival Perpignan

Kum Nye

Introduced by Tarthang Tulku Rinpoche to the West in the 1970s, Kum Nye is an advanced mind-body discipline that is open to all. It uses the physical body, breath, and senses, yet works exclusively with energy, with life living in the body and senses. The practice of Kum Nye aims high and deep, fostering the 'experience of being well'. It starts with being effective for stress reduction. It calms the mind, energizes the body, and restores a calm rhythmic breath. Kum Nye goes further as it refreshes the senses and ignites inner knowing. With Kum Nye, we can contact the reality of the nature of our being, of life as it lives in the body. Thus, we recapture a sense of freedom to make the most of life.

More : <https://academy.dharmapublishing.com/pages/kum-nye-yoga>

Retreat takes place near Bordeaux at

Centre spirituel La solitude

29, route de la Solitude, 33650 Martillac Phone : +33(0)05.56.72.71.10

E-mail : Centrepbnoailles@gmail.com Site : <http://solitude.saintefamille.fr/le-domaine-de-la-solitude/>

To get there by public transport: from Bordeaux, take streetcar B to Talence Peixotto, then bus 502 to Martillac (except Sundays). Get off at the La Cave stop. Take the route de la Solitude in the opposite direction to the village. Approx. 10-minute walk.

If you can, please bring your own mat and cushion. If you can't, please let us know on the registration form, and we'll provide one for you.



To reserve your place, please send to Association Kum Nye France

- a completed registration form (page 6)
by e-mail to kumnye.france@gmail.com
- and accomodation fees + teaching fees + 20€ membership fees

We are not yet able to accept credit card payments.

Please make a bank transfer to the association account indicated below.

For accommodation

	In double room for 6 days	In single room for 6 days
Full-board accom- modation (3 meals)	300€	360€

For teaching

	For people with a monthly income of less than €1,600	For people with a monthly income of more than €1,600
Teaching and organization fees	450€ Before April, 15th: 420€	590€ Before April, 15th: 560€

A deposit of 100€ must be paid on registration. Remaining fees must be paid in full before the start of the course.

RIB RELEVÉ D'IDENTITÉ BANCAIRE de KUM NYE France

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 NYE FRANCE

Registration form for

Residential course TIBETAN YOGA KUM NYE

From July 31 to August 06, 2024 at Centre La Solitude near Bordeaux

Your name

Your e-mail address

Your postal address

A telephone number

Public transport is available (see page 4), but do you need to carpool on July 31 from Bordeaux Saint Jean station to Centre La solitude?

Will you bring your own mat and cushion?

Your accomodation fees

€

Your teaching fees

€

Kum Nye France membership fees
2024/2025

20€

In the event of cancellation on your part, the deposit remains due if the cancellation is made one month or less before the start of the course

Total amount due to Kum Nye France : €

Would you like to tell us about something?



Kum Nye Yoga

We wish you an excellent retreat