

The Kum Nye organization in France invites you to join our August 2026 retreat in France

Kum Nye Dancing
&
Cleaning the Windows of Your Soul
Aug 24th – 29th, 2026 France
Retreat with Arnaud Maitland

Being on the Threshold

Taking Tarthang Tulku Rinpoche's book *Kum Nye Dancing* by the hand, exploring in-depth the text and gestures as they are pearls of wisdom easy to comprehend and embody.

After a brief review of Tarthang Tulku Rinpoche's three levels of Kum Nye Relaxation, towards peaceful aliveness, we rekindle the ways to enter and stay within the third level of Kum Nye Relaxation – the arena of Kum Nye Dancing, as authored by Rinpoche.

As expressions of openness and wisdom, Kum Nye Dancing is practicing the result, the outcome, of our spiritual endeavors. No gradual development, hindered with obstacles and anti-dotes, but the naked soul in motion.

Secondly, focusing on cleaning of the senses, the windows of our soul, the human spirit, can bring the embodiment of Kum Nye dancing to a mesmerizing level. There is the inner purification, of silencing the inner whisperer and magnetism of thoughts; the outer purification develops sensing what is real, such as for example seeing, hearing, feeling, tasting, and intuition without mental filters.

Even people in fortunate circumstances may not be happy. How come? When the senses, such as seeing do not work as two-way channels, the physical world may seem lifeless, consisting of mere objects, to appropriate, avoid, or ignore. With outer purification everything comes to life. A little unbiased attention to details will be reciprocated and we receive more than we give. Everything is alive. Nourishing, informing, and empowering us. Joy comes with circulation of energies – energy meets energy. Abundance becomes the norm.

In addition to unpublished and oral teachings, Tarthang Tulku Rinpoche's books *Mandala Gardens* and *The Joy of Being* are exquisite guides to open the senses and to liberate the onslaught of projecting, judging, and manipulating of our senses, causing veils over what is real.

The fields of appearance have great potential. By opening the senses, Kum Nye relaxation unfolds as natural manifestations of mind's psychic abilities, henceforth playing a prominent role in our lives. No longer lost in thoughts, inner silence and abundance revive the soul; its voice can be heard.

We develop sensing fresh and interactive. Everything in the physical world communicates within us. We discover we are on the threshold of the greater, gaining

access to the invisible realm too, where most of our spiritual teachings originate and the sages embody.

You want this? We need time together, united in practice and focusing on these precious teachings. Come and Kum Nye dance with us for the six-day: on the threshold, where space, time, and soul align – luminous, dynamic wholeness. Dancing Kum Nye.

Om Ah Hum



For more retreat information, please contact: Bénédicte at kumnye.france@gmail.com
Tel (+33)610 313 158

Retreat leader

Arnaud Maitland, studying, working and being with Tarthang Tulku Rinpoche since 1978, mostly in California. This period has been described in Arnaud's book *Reflections of Faith* (in four languages). Since Oct. 2019, Arnaud is on a personal retreat – setting out on the profound path, under the tutelage of Rinpoche, wandering a Dutch island, Odiyan, Nepal, and Tibet. Presently a settled householder in his native Netherlands, continuing his personal retreat, dedicated to the specific retreat directives as received from Rinpoche.

Retreat venue: [l'Arche de Saint Antoine](#) 4, La Basse Cour – 38160 Saint Antoine l'Abbaye, France
secretariat@arche-sta.com - Tel. (+33)4 76 36 45 97 or (+33)9 61 53 22 90

Retreat fees: €550 (+ €20 membership fee)

Costs for [accommodation plus all vegetarian meals](#): from €62 per day for a twin or triple room, to €87.50 per day for a single room with en-suite bathroom

Here's how to register

- 1) Pay a deposit of €120 into the account below.

BANK DETAILS FOR KUM NYÉ France

BRANCH: 20041 / COUNTER: 01003 / ACCOUNT NO: 0723987Z024 / BANK CODE: 50

ADDRESS: 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 HOLDER: KUM NYÉ France

In the event of cancellation on your part, your deposit will be refunded if the cancellation is made at least one month before the start of the course.

- 2) Send us an email to kumnye.france@gmail.com to confirm your wish to participate, providing the following 5 details: your first name, your surname, your

country of residence, a telephone number and the date of the bank transfer corresponding to your deposit.

- 3) We will then send you a link allowing you to book your accommodation directly with L'Arche de Saint Antoine.

We remain happy to answer any questions you may have

On behalf of the Kum Nye organization in France

Bénédicte