

We are really happy to announce that Arnaud Maitland will return to Amsterdam in June 2017 to present the **third Global Kum Nye Teacher Training level 3** in and from our NCN meditation room. Evening classes will be broadcasted all over the world by webinar.

Live retreat participants will have three more practice sessions daily to really work through the material offered and to practice together.

This retreat welcomes all who love the practice of fundamental openness and wish to open up their own practice to 'sacred energy.'

Those wishing to register for teacher training: please apply through

programs@dharmapublishing.com

Prerequisite: Kum Nye Teacher Training level 1 & 2

Retreat registration:

nyingmacentrum@nyingma.nl



"Knowing the experience of the sacred energy called 'myself' is not something to have or to lose; it's a knowledge we can taste that is truly ours, from the very beginning."

Tarhang Tulku in *Kum Nye Dancing*

KUM NYE DANCING

Kum Nye level III teacher training



Based on the book *Kum Nye Dancing*
by Tarhang Tulku

Dates: Saturday June 3, 15.00 hrs
Sunday June 11, 22.00 hrs
(welcome to stay for optional farewell breakfast with Arnaud Monday 8.00-9.00)

Teacher: Arnaud Maitland

Language: English.

Price: € 895 including all (vegetarian) meals.

€ 750 Nyingma cursisten (Dutch students currently enrolled in NCN courses or e-courses)

Location: Nyingma Centrum Nederland
Reguliersgracht 25 Amsterdam

Information and registration:
nyingmacentrum@nyingma.nl

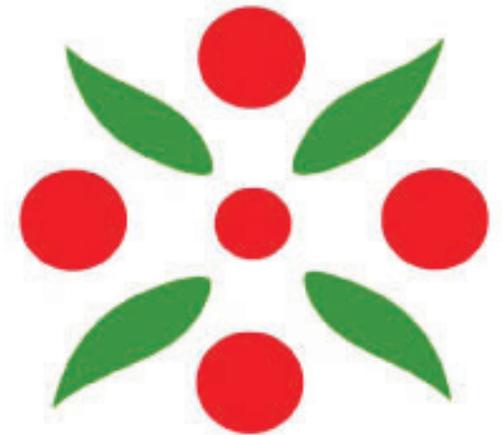
Lodging: Nyingma Centrum Nederland has only a limited number of beds available in shared rooms. Please let us know if you do not have a place in Amsterdam to stay and are interested to attend. We will do our best to assist you in making your attendance possible.

Nyingma Centrum Nederland
Reguliersgracht 25 Amsterdam
**31 20 6205207 www.nyingma.nl

'Sacred Energy'

Kum Nye Dancing retreat

with Arnaud Maitland



June 3 - June 11
2017
Amsterdam

www.nyingma.nl

NYINGMA CENTRUM NEDERLAND

Sacred Energy- Kum Nye Level III Teacher Training Retreat

This retreat includes 10 four-hour sessions which are also part of the Global Kum Nye Teacher Training Level 3; **Sacred Energy** From June 3-12 the Amsterdam based Nyingma Centrum Nederland organises a retreat around these intensive classes on Kum Nye Dancing and non-duality, based on Tarthang Tulku's third Kum Nye book *Kum Nye Dancing, Introducing the Mind to the Treasures the Body Offers*.

The evening sessions will take place daily 17.30-21.30 and are broadcasted live on webinar for Global KNTT participants elsewhere.

Every morning there will be an early morning practice followed by breakfast and a morning practice session practicing with the topics of the evening before.

After a warm lunch, some time in the afternoon is set apart for group practice and individual assignments.

Retreat participants will also have access to a collection of audiomaterials exploring in depth Kum Nye Dancing topics.

Daily schedule:

7.00 - 8.00	early morning practice (optional)
8.00-10.00	breakfast and clean-up
10.00-13.00	morning practice sessions
13.00-14.30	lunch and clean-up
14.30-16.00	private practice/group practice
16.30-17.30	light supper and clean-up
17.30-21.30	evening webinar session

Just like the first two levels were quite different from one another, Kum Nye dancing is altogether a different presentation of Kum Nye by Tarthang Tulku Rinpoche. Having its roots in the yogic tradition, esoteric tantric texts and lama dancing, Rinpoche offers a distinct way of expressing our wholeness and feeling complete within. All three roots will be extensively introduced as respectively the human body being the vehicle for transforming consciousness, meditation of non-duality, and awakening the viewer to the expression that the dance elicits.

Contrary to the first two trainings in Kum Nye in which slow movements, holding of postures and extended practice of stillness were essential to get optimal results, Kum Nye dancing is expressive, dynamic, with a solid rhythm that brings us in touch with the pulses of real time. No longer do we try to relax, activate the flow of feeling, expand and accumulate the feeling experience or open the senses or even explore Kum Nye for mind, Kum Nye dancing is no discovery, no exploration, nothing to get, but rather to express the full human being embodiment. Through Kum Nye dancing, a healthy mind engages experience freshly and directly, undisturbed by memories of the past, free of fears in the present, and unconcerned with projections of the future.



Arnaud Maitland

(JD and MA Tibetan Buddhist philosophy and psychology), author of the books *Master-Work* and *Living without Regret*, has been a student of Tarthang Tulku for over thirty-five years, and is Senior

Kum Nye Teacher for Nyingma Centers. At present, he is director of Dharma Publishing and Center for Skillful Means at Ratna Ling, USA.

"When the energy of human embodiment is fully expressed, it becomes art. It reveals our inner qualities, our distinctive flavors, our souls. We become one with joy; the expression of joy is our dancing."
Tarthang Tulku Rinpoche

Kum Nye Dancing-Sacred Energy retreat topics

- *"The body itself is aware, expressing knowledge."*
- *"We engage the flow of feeling, each gesture and pose becomes a form of creative expression. The body begins to communicate deep experiences of wholeness and feeling complete within."*
- *"Your Kum Nye dancing is a form of knowledge – gathering, in the spirit of open inquiry. You are acquiring knowledge you did not have before. This exploration offers a gift of lived awareness; a knowing becomes a form of intimacy with all your experience."*
- *"The transformative power of your Kum Nye dancing presents an opportunity to make real and meaningful changes in your energy levels, your patience in tolerance, and your physical and mental flexibility."*
- *"You will sense that relaxation is the key. Relaxation in Kum Nye dancing is a state of being we could call dynamic rest. Calm and flowing, peaceful yet alert, true relaxation expresses itself both in movement and in stillness."*
- *"Kum Nye – Kum (sKu) is body, not the physical body but the site of experience – a nexus of sensitivity. Nye (mNye) is a method of exercising that brings results, tending and tuning. Through Nye, the body experience is transmuted. The result of Nye is a floating quality, sometimes called bliss, utterly open and ready to dance, to do what needs to be done."*

NCN Meditation Room

