

# KUM NYE DANCING

'BEING PRESENT IN THE PRESENT'

Are you Ready to Dance?

**Serie van 5 lessen**

*Revealing the Body's Hidden Beauty*

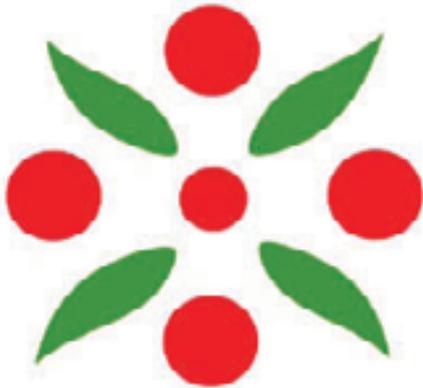
**dinsdag 30 oktober t/m 27 november 2018**

**16.00 - 17.15 uur**

Begeleiding: Charaka Jurgens & KND oefengroep

Kosten: 40/35 euro + aanschaf boek

Inschrijven: [info@nyingma.nl](mailto:info@nyingma.nl)



Als je wilt kun je na de serie eventueel instromen in de Kum Nye Dancing oefengroep. Deze oefent in principe iedere **dinsdagmiddag van 16.00 - 17.15 uur**. Deelnemers aan de oefengroep betalen in de vorm van een donatie.

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uit het boek Kum Nye Dancing:

*Western people have had relatively few opportunities to study their minds and bodies in a serious way. They have not had much experience with the sometimes strenuous training that can be found in a developed yogic tradition. A tough, ascetic approach may appeal to some, but it may not be the best way to begin. Kum Nye's path is gentler, quieter. Its goal is to foster a cooperative spirit between mind and body, by introducing mind to the riches the body offers.*

*The first step is to learn how to get seated in experience. We can think of yogic development as a gradual settling down into this seat. At the beginning we may only receive little tastes of this quality, but over time, as we continue to exercise, we encounter a calmness that does not disperse easily when thoughts or sensations come. It becomes possible to remain: to remain in (the feeling of) calmness, to keep (the feeling of) our seat.*

*When calmness and quietness have taken root, it is possible to dance.*

Bekijk ook het [filmpje op YouTube](#)

Are you ready to dance?