

# KUM NYE DANCING

Are you Ready to Dance?

## Introductieworkshop

*'Introducing the Mind to the Treasures  
the Body Offers'*

**zondag 10 februari 2019, 10.00 - 16.30 uur**

Begeleiding: Ton van der Scheer

Kosten: 75 euro inc. lunch

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

## Serie van 5 lessen

*'Being Present in the Present'*

**dinsdag 26 februari t/m 26 maart 2019**

**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 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.

**Nyingma Centrum Nederland**  
Reguliersgracht 25 Amsterdam  
[www.nyingma.nl](http://www.nyingma.nl) 020 6205207  
[nyingmacentrum@nyingma.nl](mailto:nyingmacentrum@nyingma.nl)



uit het boek Kum Nye Dancing:

*Kum Nye's (...) 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?*

