

KUM NYE DANCING

Are you Ready to Dance?

Serie van 5 lessen

'Being Present in the Present'

dinsdag 5 maart t/m 2 april 2019
16.00 - 17.15 uur

Begeleiding:

Charaka Jurgens & KND oefengroep

Kosten: 40/35 euro + aanschaf boek

Inschrijven: 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

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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?

