

We are really happy to announce that Arnaud Maitland will present the Kum Nye Meditation program entitled 'Mind at Ease' in and from our Amsterdam Nyingma Centrum.

Participants will receive materials, depending on whether you join 'for the love of it' or because your intention is to become a Kum Nye Meditation trainer. Some of these materials need to be studied prior to the webinar/ retreat, while others are for continued guidance afterwards.

If you aspire to be a certified trainer please email programs@dharmapublishing for an overview of total requirements and to register. Participants formally enrolled in the DP teacher training can take part in the Amsterdam live retreat at an extra charge of € 50 per day. This includes all drinks and meals and two extra group practice sessions daily. Please register timely!



Meditation Room NCN Amsterdam

Arnaud Maitland (JD and MA Tibetan Buddhist philosophy and psychology). A senior student of Tarthang Tulku for some forty years, Arnaud has worked in various of Rinpoche's organizations and is an international seminar and retreat leader since 1979.



MIND AT EASE

Retreat Dates: Monday, June 3, 15.00 hrs
Sunday, June 9, 21:30

Farewell Breakfast (optional)
Monday, June 10, 8.00-9.00 hrs

Instructor: Arnaud Maitland

Retreat Price:
€ 850/725
including all (vegetarian) meals.
and all webinars and study materials

Lodging:
Nyingma Centrum Nederland has a limited number of beds available in very basic shared rooms.
If you do not have a place to stay in Amsterdam, and are interested in attending, please let us know. We will do our best to assist you in making your attendance possible.

Location:
Nyingma Centrum Nederland
Reguliersgracht 25 Amsterdam

For teachertraining or webinar only:
register programs@dharmapublishing.com

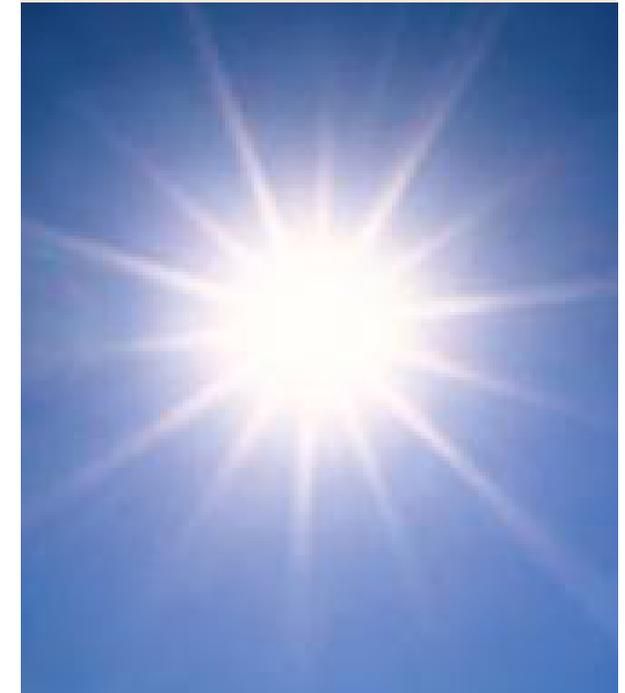
Retreat registration
info@nyingma.nl

Daily Retreat Schedule:

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

Mind at Ease

**Kum Nye Meditation
Teacher Training Retreat**
with Arnaud Maitland



**June 3 - June 10, 2019
Amsterdam**

www.nyingma.nl

NYINGMA CENTRUM NEDERLAND

'MIND AT EASE'

Retreat with Arnaud Maitland

Kum Nye Meditation is not difficult and is open to all: those who wish to learn to meditate, and those who want to deepen their practice.

With Kum Nye you learn to contact the feeling-experience in the body: as mind settles in the body, you are already meditating.....

Meditation means integrating. The poses and movements relax the body, even out the breath and still the mind. Through the power of Kum Nye relaxation, mind begins to *sense* – freshly, directly, not channeled through thoughts.

In the emerging openness, a sense of wonder arises, while learning to trust your voice: the voice of your being, of life living in the body.

In Kum Nye meditation, we taste a relaxation which deeply nourishes long held tensions and empowers a hidden, secret life to show up, to speak itself forward. We have time to *be*. Openness becomes the 'body' of our experience.

Kum Nye Meditation differs from other forms of meditation in the sense that our primary focus is on poses, movements and stillness. This helps to awaken and aliven the energy of experience. The exercises restore a sense of inner space: long held tensions begin to melt, while flowing, expanding feelings nourish and open us. Kum Nye meditation goes straight to the energy of life and the dynamic space we live in. A perfect stillness comes naturally, in which everything comes to life.



Kum Nye Meditation is unique because:

- Body awareness is the foundation
- Language of the body sets the stage, tone and depth of the practice
- Breath becomes organically rhythmic and light
- Senses will become refreshed and begin to function in a non-dual fashion, so the practitioner sees and hears more clearly, feels more deeply, and get glimpses of reality never known before
- Mind will become still and alert, and direct experience becomes the practitioner's inner counselor.

Kum Nye practice, as introduced by Tarthang Tulku Rinpoche, is how we relax mind to ease the habitual, demanding patterns of thinking and reacting. In Kum Nye Meditation we will go further.

Over the course of this training, **four kinds of integration** will be introduced:

1. **Body & Mind**, thereby establishing a cushion of calmness and inner joy;
2. **Inner & Outer Space** become one space, thereby establishing a bright and clear openness;
3. Revealing the secret, hidden life in which our **inner potential** communicates with the opportunities life offers. Serendipity, omens, and the inner voice that speaks forward, are acknowledged and appreciated as they can lead the way in our lives. Direct experience, not channeled through thoughts, becomes our reliable counselor;
4. The ten ways in which we can fall away from **feeling complete within**, and how to come back through Kum Nye Meditation.

We will learn the basic ways to enter Kum Nye Meditation, and discover for ourselves the benefits and insights that this profound practice can offer us. We will follow the guidance Tarthang Tulku Rinpoche's offers us in the three Kum Nye books and in *Dimensions of Mind*.



The deep relaxation of Kum Nye gives ease to the mind, relieving it of the busyness that ties up so much of our mental energy, and attuning it to what supports the whole of our being. Pathways to joy and being open; we make better wishes, and mind cooperates in bringing them into being.

– Tarthang Tulku in *Joy of Being*