

The First Global Kum Nye Festival



Saturday and Sunday, October 7th & 8th 2023

Online & live at your local Nyingma centre

9 am – 12 am (California)

13h – 16h – (Brazil and Argentina)

5 pm – 8 pm (United Kingdom)

6 – 9 pm (Central Europe)

Schedule

Saturday October 7th

Session 1: The Roots of Kum Nye: Opening to Relaxation

9 am – 10:15 am PDT / 18:00 – 19:15 hrs CEST

Moderator: Wanessa Nemer

"In Tibet, advanced practitioners would use Kum Nye as a warm-up to higher meditations.

Unlike other therapeutic methods, Kum Nye uses all of man's faculties in a skillful, harmonious way. Body, mind, breath, sound, sight, sensations, emotions-everything becomes one's practice."

(Reflections of Mind 1975)

Opening and welcome

What did Rinpoche say in 1967?

Quotations from *Reflections of Mind* (1975):

A Fresh Look at the Seven Gestures

Opening Body-Mind Energy

Sensing and Enjoying Sensation:

Massage and Tasting Relaxation:

Wanessa Nemer

Audio fragment

Elske van de Hulst

Bram Williams

Santosh Philip

Cristina Bustamante

Helmuth Czekalla

10.15-10.30 PDT / 19.15-19.30 CEST: Break 15 minutes

Session 2: Activating and Expanding Joyful Feelings

10:30 am – 12:00 am PDT / 19:30-21:00 CEST

Moderator: Jonathan Clewley

“As relaxation deepens, we begin to feel directly the interconnections among breath, senses, body, and mind. The senses open new channels and dimensions of sensation, releasing joyful feelings that expand and accumulate until we are aware of nothing else in the world.” (Kum Nye Tibetan Yoga)

Tasting Joy
Expanding Joy
Radiating Joy
Circulating Energy
Joyful Meditation

Charaka Jurgens
Sandy Hinzelin
Marina Marazzi
Richard Alf
Jonathan Clewley

Sunday October 8th

Session 3: Deepening Practice

9 am – 10:15 am PDT / 18.00 – 19:15 CEST

Moderator: Anja Nogaizig

„When we move more deeply into these practices, we learn that they can awaken intensities of feeling that fill our consciousness with light and bring beauty that fill our lives as an ongoing celebration. Along the way, we may have some glimpses into how embodying Kum Nye benefits the mind.“ (Joy of Being)

Thanks to Arnaud Maitland
Integrating Body and Mind
Embracing Space
Stimulating Inner Energy
Opening Presence

Wanessa Nemer
Anja Nogaizig
Rita Toledo
Inge Barmiento
Jonathan Clewley

10.15-10.30 PDT / 19.15-19.30 CEST: Break 15 minutes

Session 4: Fundamental Openness and Joyous Presence

10:30 am – 12 am PDT / 19:30-21:00 CEST

Moderator: Abbe Blum

Manifesting the benefits of Kum Nye
A Kum Nye Dancing Gesture
A Kum Nye Dancing Gesture
A Kum Nye Dancing Gesture
The potential of Kum Nye

Abbe Blum
Betina Wendlinger
Ton van der Scheer
Bram Williams
Abbe Blum and Wanessa Nemer