

The First Global Kum Nye Festival



A Celebration of the Origin and Evolution of Kum Nye

Fundraising for the Yidzhin Norbu Kangyur

Saturday and Sunday, October 7th & 8th

9 am – 12pm (California)

13h – 16h - (Brazil and Argentina)

5pm - 8 pm (United Kingdom)

6-9 pm (Central Europe)

We will honor the Kum Nye teachings of Tarthang Rinpoche by practicing exercises and meditations from '*Kum Nye a Tibetan Yoga*', '*The Joy of Being*', and '*Kum Nye Dancing*'.

The funds raised by this event will all be donated to the
Yeshe De Yidzhin Norbu Kangyur Project 2023.

The names of all donors will be read in Bodh Gaya , India in January 2024 when the Kangyur will be distributed under the Bodhi Tree, where the Buddha reached Enlightenment.

Program Saturday October 7

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

9 am – 10:15 am PDT

Moderator: Wanessa Nemer

1. 09:00 - 09:05 - Opening and welcome - Wanessa Nemer (Rio de Janeiro)
2. 09:05 - 09:10 - What did Rinpoche say in 1969? - Audio/video fragment
3. 09:10 - 09:20 - Quotes *Reflections of Mind* (1975)- Elske van de Hulst (Amsterdam)
4. 09:20 -09: 35 - Bram Williams (UK) -Bending in the four directions.
5. 09:35 - 09:50 - Santosh Philip (USA) - KN # 17 – Lightening Thoughts
6. 09:50 - 10:05 - Cristina Bustamante (Rio) - KN # 28 – Body of Knowledge
7. 10:05 - 10:15 - Helmuth Czekalla (Köln)- Massage and Tasting Relaxation-

10.15-10.30 PDT: Break 15 minutes

Session 2: Activating and Expanding Joyful Feelings

10:30 am – 12 pm PDT

Moderator: Jonathan Clewley

1. 10:30 -10:35- Introduction: Jonathan Clewley (UK)
2. 10:35 -10:55 - Charaka Jurgens (Amsterdam)— KND G56, Dancing is the Body's Joy; Sharing the Joy of the Seven Gestures
3. 10:55 - 11:15 - Sandy Hinzelin (France)—#96 Wholeness of Joy and #99 Touching Positive Feeling
4. 11:15 -11:35 - Marina Marazzi (Argentina)—#34 Inner Gold and #30 Expanding Awareness
5. 11:35 -11:55 - Richard Alf (Germany)—J27 Awakening Heart and J20 Circulating Energy
6. 11:55 -12:00 - Conclusion: Jonathan Clewley (UK)

Program Sunday October 8

Session 3: Deepening Practice

9 am – 10:15 am PDT

Moderator: Anja Nogaitzig (Köln)

1. 09:00-09:05: Welcome to the second day of the KN Fest, Short introduction to the session – Anja (Köln)
2. 09:05-09:10 - Video fragment - Thanks to Arnaud Maitland – Wanessa (Rio)
3. 09:15-09:20 - Kum Nye Worldwide Map – Wanessa (Rio)
4. 09:30-09:45 - Anja (Köln) - #7 Opening the Flow
5. 09:20 -09:30 - Stig Albansson (Sweden) - # 10 Relaxing into Space
6. 09:45-10:00 - Inge Barmentlo (Amsterdam) -#18 Extending Energy
7. 10:00-10:15 - Jonathan (UK)- #37 Opening Mind and Body

10.15-10.30 PDT: Break 15 minutes

Session 4: Fundamental Openness and Joyous Presence

10:30am – 12 pm PDT

Moderator: Abbe Blum

1. 10:30 – 10:35 – Introduction – Abbe (Berkeley, USA)
2. 10:35 – 10:45 - Ton van der Scheer (Amsterdam) -
KND #46: Releasing Our Posing as Ourselves (
3. 10:45 – 10:55 - Bram Williams (UK) –
KND # 48: Myriad Characters and Potentials
4. 10:55 – 11:05 - Betina Wendlinger (Köln)
KND # 19: Heaven and Earth Meet in Me
5. 11:05 – 11:15 - The potential of Kum Nye - Abbe Blum and Wanessa Nemer
Dedication of Merit

Kum Nye Fest is meant to be an annual event and continued cooperation. The **Kum Nye Map** is a work in progress. Please send comments, ideas or information to Wanessa [wanessa.nemer\[at\]gmail.com](mailto:wanessa.nemer[at]gmail.com) and to Elske [nyingmacentrum\[at\]nyingma.nl](mailto:nyingmacentrum[at]nyingma.nl).

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