

# 4-day Kum Nye Meditation Retreat

## About the Workshop

Kum Nye is based on ancient Tibetan practices for relaxation and revitalization of the body, mind and spirit brought to the west by TarthangTulku, a Tibetan teacher in the Nyingma tradition. It is a deep embodied awareness practice using meditation, breath, movement and sound practices. These practices work with releasing blocks and tensions physically, energetically, psychologically and emotionally in our systems so we can reconnect with our inherent health, vitality and energy. The key is to pay close attention to the subtleties of sensations and the quality of experience while doing the movement exercises, thus linking body and mind in the presence of awareness given to the sensations. Practice can lead to an increased sense of presence and mindfulness.

This workshop is held in complete silence with the exception of instructions on Kum Nye movements and the evening talks. Participants are encouraged to refrain from reading, writing, watching TV, or using the computer. This is an excellent opportunity to go inward and to experience the power of group practice. It is also an invaluable opportunity to experience how to be with a group of people in a non-verbal way, thus opening ourselves to less linear ways of communication and appreciation of each other.

The venue is a comfortable hot spring resort hotel, with a beautiful view of Mt. Fuji and the Kawaguchi Lake. All our meals will be catered for and the hot springs are a fantastic support to our well-being during this retreat.

## Details

Date:	March 20 – 23, 2008
Venue:	Lakeland Hotel MIZUNOSATO (Kawaguchiko) <a href="http://www.mizunosato.jp">Website: www.mizunosato.jp</a>
Time:	Thursday afternoon to Sunday afternoon
Fee:	¥80,000 (includes meals from Thursday dinner to Sunday lunch)
Participants:	Limited to 15 people only
Attire:	Loose, comfortable clothing

Have you always  
wanted to know what  
meditation is and how  
it can benefit you?

If you are interested in this workshop,  
contact Gillian Kok at:  
Tel: (080) 6777-5005  
Email: [gilliankok@gmail.com](mailto:gilliankok@gmail.com)  
Website: [www.awarenessheals.info](http://www.awarenessheals.info)

## About the Instructor: Cheryl Allen, Karuna Institute, England



Cheryl began her Karuna journey in 1991, initially through Kum Nye and later Core Process Psychotherapy. She became a staff member of Karuna Institute in 1999, and is currently teaching Core Process Psychotherapy and a two-year Kum Nye training with Maura Sills, founder of Core Process Psychotherapy and co-director of the Karuna Institute. Cheryl has a private psychotherapy and supervision practice, working with a broad spectrum of people and issues. She also works for the NCH, one of the UK's leading children's charities, doing creative self-esteem work with children. She is a mother of two young adults and currently lives in Cornwall, England.