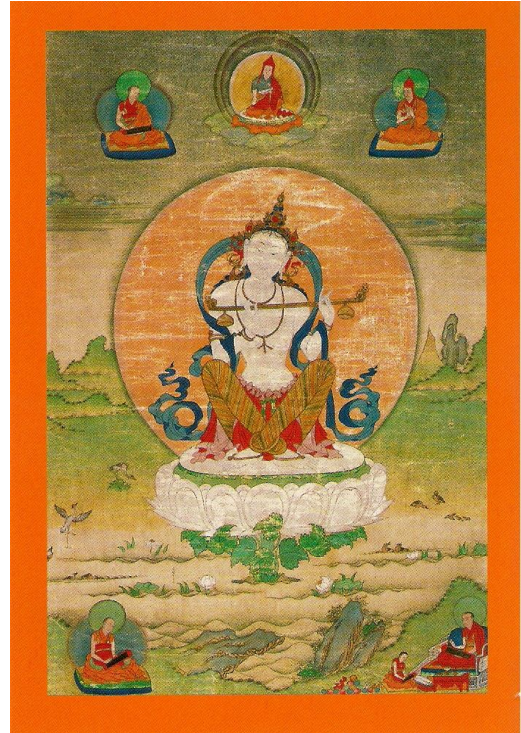


Arnaud Maitland  
**KUM NYE MANDALA**  
Awakening the Heart

Tibetan Yoga & Meditation  
Retreat Intensive

Fri 23rd July to Wed 4th Aug 2010

Holy Isle, Scotland



The pattern of subtle mental and physical energies that move through the body are a **mandala** with an originating centre from which energy interacts in all directions. Within this pattern are energy centres that act as terminals for these energies as they radiate and circulate throughout the body. If they function well, we are calm and lucid, joyful and intuitive, energetic and fulfilled. If they are blocked, we become off balance, emotional and out of time. This retreat will use Kum Nye to integrate and stimulate the subtle body energy system, to awaken the mandala of being human. Also, the theory and practice of the mandala will be introduced, as the mandala is one of the ancient blueprints for balance and accomplishment. All instructions in the retreat will come from the written and oral teachings of Tarthang Tulku.

The **Kum Nye Mandala** retreat is an intensive training aimed at those with experience of Kum Nye. It will be suitable for those who have enrolled on the eKum Nye courses, those who attend eKum Nye practice groups, and anyone who is serious and committed about meditation and dharma practice. (If you're thinking of attending and don't have much experience of Kum Nye we encourage you to enrol on the email Kum Nye programme—see address below.)

**Arnaud Maitland** holds an MA in Buddhist psychology and philosophy; and has been a student of Tarthang Tulku for over 30 years. A Nyingma teacher and one of the few Kum Nye teachers authorized by Tarthang Tulku, Arnaud is author of *MasterWork* and *Living without Regret*. Currently, Arnaud is director of Dharma Publishing and the Center for Skillful means.

**Kum Nye** practice, when done regularly, generates a process of deeply relaxing both the body and mind. It opens a path of spiritual development in the midst of daily life and lays a foundation for meditative practices. The spiritual path begins when we realize we want to get the most out of life. Kum Nye exercises help to draw the fullness of life into you and this vitality is reflected in what comes out of you. **Kum Nye is life.** It enhances your ability to feel and to sense.

Kum Nye is an energy yoga which heals both our bodies and minds, balancing, integrating and energizing the whole of our being, inviting a sense of wholeness and calm within ourselves and in relationship to others and our environment. It relieves stress and teaches us new ways to deal with times of change, allowing us to start to feel an on-going sense of wellbeing.

Located off the west coast of Scotland, **Holy Isle** has an ancient spiritual heritage stretching back to the 6th century. At the north of the island there is the Centre for World Peace and Health, where the Kum Nye Mandala Retreat will take place.

The Centre provides accommodation in a range of rooms including singles, twins and dormitories. Each of the rooms is fully furnished, has central heating and a small wash basin. The dining room, with its quarry tile floor and open fireplace, provides a warm rustic place for social gatherings, while the peaceful space of the library can be used for quiet contemplation. The practice sessions will take place in the purpose built Peace Hall which has inspiring acoustics, and under-floor heating. Natural light streams in from two sides and from the high ceiling.

Access to Holy Island is from Ardrossan (on the West Coast of Scotland about 10 miles north of Ayr). From there you take a ferry to Arran Isle, and from Arran a boat to Holy Isle. To get to Ardrossan there is a direct train from Glasgow Central. Or if travelling by road you can leave your car in the car park of the ferry terminal. There is a bus which runs from Glasgow. The two nearest airports are Glasgow Airport and Prestwick International Airport.

### **KUM NYE MANDALA**

#### **Cost and Booking details:**

Costs cover tuition, meals and accommodation.

Single Room: £1105

Twin Room: £955

Dormitory: £865



To register interest for the retreat contact the course administrator: **bram@globalnet.co.uk**.

Include your name and full contact details, and let us know your first preference for room type.

To confirm your reservation you will then be requested to pay a deposit of £180. *Please don't just send payment without receiving confirmation that there is space available—we can't pay to return your money!*

Deposit is non refundable. Further details will be sent in March 2010.

Rooms will be allocated on a first come first served basis, and your place is only confirmed when deposit is received. *Final balance is due by the 1st July 2010.*

For UK bookings you may pay by debit transfer or by a cheque payable to 'Bodhi-Yoga' and sent to:  
*B Williams, Bodhi-Yoga, 1c Ariel Road, Kilburn, London. NW6 2DX*

For UK transfers: Sort Code 08-92-99 Acct Number: 65319888  
Acct Name: Bodhi-Yoga Bank: Co-operative Bank Ltd.

For bookings *from outside the UK* please arrange a money transfer to:  
IBAN: GB39 CPBK 08929965319888 BIC: CPBK GB22  
Acct Name: Bodhi-Yoga Bank: Co-operative Bank Ltd. UK

Please note: Payment should be in UK Sterling and ALL bank exchange and transfer charges should be paid by you at time of transfer. You will be billed for any shortfall in payment due to charges incurred.

#### **Useful addresses:**

Kum Nye Mandala retreat Holy Isle booking enquiries: **bram@globalnet.co.uk**

Kum Nye website: **www.KumNyeYoga.com** (includes information on the eKum Nye programme)

You may also like to check out Kum Nye on Facebook