



Healing Body, Healing Mind Learning Kum Nye Massage

February 28 – March 6: Healing Body, Healing Mind Body Workers Retreat - \$750

March 3 – 6: Healing Body, Healing Mind Participants Retreat - \$450

Ratna Ling Retreat Center, Cazadero, CA

Presented by Arnaud Maitland, Meggie Hayne and Toni Nurnberg

This six day retreat for Body Workers will transform their experience of giving a massage into a new world of awareness; and offer ways to restore and sustain wellbeing in the client. By incorporating mindfulness of practitioner and inviting the recipient to participate mindfully as well, the experience of giving and receiving a massage is transformed into an appreciation of the energetic flow of experience. Each session is unique and fresh.

Based on Kum Nye – a Tibetan Yoga, developed by the Tibetan Lama Tarthang Tulku, this work enhances the energetic flow of feelings and sensations in the body. The bodies' natural response is towards healing and wholeness. In order for healing to occur the energetic pathways of the body must be open and flowing. Kum Nye opens blockages in the body and re-establishes the healthy flow of energy throughout the body. Kum Nye facilitates awareness of body, breath and mind. It establishes a healthy flow of energy through the pathways of the body and initiates a process of mind healing without psychology.

The first three days of this workshop is for Body Workers only. They will be introduced to the exercises, theory, and techniques of Kum Nye and Kum Nye Massage. There will be plenty of opportunity to give and receive this powerful work.

The last three days will integrate participants who want to experience a deep immersion into the healing environment of Ratna Ling, Kum Nye massage and exercise. Nurtured in beautiful lush surrounding redwood forests, accommodations in cottage suites with dining/living rooms, fireplaces and incredible views; guests will have time to truly unwind relax and heal. Therapists will be able to practice their new techniques on the weekend retreat guests. These guests will receive two massage sessions a day as well as group meditation, Kum Nye practice and theory and the opportunity to work with their hands on our sacred text project.

The last session will be on Saturday afternoon, with a celebration dinner Saturday evening.

For more information see www.ratnaling.org or www.dharmapublishing.com or call 888-944-3777

