



YOGIS & YOGINIS WORKSHOP

Touching “Kum Nye”: An Introduction to Tibetan Yoga and Massage Techniques

Saturday, May 25 from 2:30 to 5:00 pm

Cost: \$ 50

Aimed at all levels, Liza’s workshop is meant as an introduction to a series of exercises that will guide participants on a journey towards deep, inner relaxation — a level of relaxation that, as Tarthang Tulku describes it, “has a vital and lasting quality far greater than the feeling of well-being”. Suitable for beginners and experienced yogis alike, the course upholds Tarthang Tulku’s teachings that there is no one or ‘right’ way to perform the exercises. You do not need to be able to touch your toes, but you do need to be able to touch the feelings and sensations that will arise in your body from this simple, but no less profound, form of yoga. For it is our feelings that are linked to the vitality of the universe itself and have the capacity to heal both our bodies and our minds.

About the Teacher:

LIZA WEBER

Liza Weber is a Buddhist practitioner who specializes in “Kum Nye” Tibetan yoga and healing practices. Soon to complete the Nyingma Institute’s Kum Nye Teacher Training Program in Berkley, California, she currently offers introductory classes and courses that, with playful curiosity, explore the wellspring of the “energy body”. Her teaching is motivated by the wish to remind yoga of its roots as an aid for meditation, first and foremost, and the joy to be discovered therein.