



Relax!

Now in Stratford!

Kum Nye Tibetan Yoga helps to relieve stress, transform negative patterns, and promote balance and health.

Kum Nye practice increases our enjoyment and appreciation of life.

Its gentle movements, postures, self-massage and breathing practices relax the body, calm the breath and still the mind.

Tarhang Tulku (1978, 2007); "Kum Nye Tibetan Yoga - A complete guide to health and wellbeing", Dharma Publishing.

(Kum Nye is pronounced "koom nyay")

Interested? Contact Simon: knysimon115@gmail.com