



KUM NYE TEACHER TRAINING
A One-Year Program beginning August 2020

**Instructors: Abbe Blum, Santosh Philip
Donna Morton, Anita McNulty
& Kum Nye Staff**

Basis

This training is based on Tarthang Tulku's first book, *Kum Nye Tibetan Yoga*, first published in 1978, revised 2007. Students are expected to purchase this book.

This training was designed to be in-person at the Nyingma Institute in Berkeley, California.

Due to these unpredictable times with COVID-19, the training will be offered online. If in-person workshops are possible all those who are able to attend in person are encouraged to come. We will make it work online and in person for all participants.

The expectation is that participants will attend all workshops in "real time" as they occur.

Structure

200 contact hours

9 weekend workshops

Location: The Nyingma Institute, Berkeley; online in 2020

(Note: all times are Pacific Time)

- 2 workshops at the beginning and end of training: 5 – 7 PM Friday night; 9 – 3 PM Saturday and Sunday
- 7 workshops, 9 – 3 PM Saturday and Sunday
- Themes of these trainings are based on the International Kum Nye Teacher Training, “Vibrant Aliveness” designed by Arnaud Maitland and offered since 2015
- Themes include: developing relaxation, opening the senses, living life in the breath, among other topics.

Activities for additional 88 contact hours

- Participation in one weekly Kum Nye class per semester
- Coaching and feedback, webinars from Nyingma Institute Kum Nye Teaching Faculty
- Internships (practice teaching) and/or supervising practice groups.

Ongoing Self-Study:

Weekly self-study consisting of daily practice of Kum Nye, and study of *Kum Nye Tibetan Yoga*, methods TBA.

Goal of Kum Nye Teacher Training

The essence of Kum Nye Level One Training is introducing a healing system of relaxation: relieving tension, transforming negative patterns via body-mind/mind-body discipline.

- By the end of the training you embody Kum Nye as much as possible, embodying “vibrant aliveness.”
- You will be able to pass this on to third parties in your unique way, while constantly experimenting with the exercises and researching your experience*

*The expectation is that you will do so mainly in person, not teaching courses online. Also those who complete the training are not authorized to teach others to become authorized teachers.

2020 Kum Nye Teacher Training Pricing Structure

The normal price for this program is \$3200. Due to the extraordinary conditions created by the pandemic, it is being offered this year only for the significant discount of \$1900. An additional early-bird discount of \$200 is available for enrollments by 8/01/2020 with payment in full (\$1700).

Payment in full: Through 8/01/2020 the cost is \$1700. After 8/01/2020, the payment in full cost is \$1900.

Monthly payment option: the program may be paid for in 12 monthly installments of \$160, due at the beginning of each month of training (first installment due August 23, then the 23rd of each subsequent month through July 23, 2021).

Certification will not be considered complete until payment for the training is satisfied.

For those who sincerely want to participate in the training, but are facing financial hardship that may limit their ability to participate, you may contact the Nyingma Institute for a scholarship application by phone or email. Scholarship eligibility is considered on a case-by-case basis.

Note that all participants are expected to have a copy of the primary text for the training (*Kum Nye Tibetan Yoga*, 2007), and may incur additional costs for materials up to \$50.

For those who paid for and participated in the preliminary Kum Nye Teacher Training workshops this year, the \$50 cost will be deducted from the total program cost.

Conditions for authorization at the end of training

- Sufficient presence and commitment during the training (to be assessed by the Kum Nye Teacher Trainers)
- Satisfactory review from Kum Nye coach/ teachers
- Practice exercises reviewed by coaches/teachers. These take place during the weekend trainings; in your own practice group; through internships at the Nyingma Institute; and in your own practice.
- Developing lesson plans for one semester of classes
- Teaching and attending during webinar meetings
- Completion of a paper on the function and possibilities of Kum Nye in general or in terms of the professional context in which you would be offering the exercises
- Satisfying the training costs

This authorization applies to passing on of Level 1 Kum Nye exercises in groups or individuals for a period of 3 years. The authorization can be renewed by following annual refresher training days.

Dates:

2020: Early Fall quarter: August 24 – October 16 (8 weeks)

Workshop 1: September 11 – 13

Workshop 2: October 17 – 18

Late Fall quarter: October 26 – December 18 (8 weeks)

Workshop 3: November 21 – 22

2021: Winter term: January 11 – February 6 (4 weeks)

Workshop 4: January 16 – 17

Early Spring quarter: February 15 – April 10 (8 weeks)

Workshop 5: February 20 – 21

Workshop 6: March 27 – 28

Late Spring quarter: April 19 – June 12 (8 weeks)

Workshop 7: April 24 – 25

Workshop 8: June 12 – 13

Summer quarter: June 21 – August 14 (8 weeks)

Workshop 9: August 13 - 15

Times (all times are Pacific time):

Weekly classes (can chose either class, as Thursday class will repeat Monday presentation):

Mondays: 7 – 8:30 **PM** (Abbe Blum)

OR **Thursdays:** 7 – 8:30 **AM** (Anita McNulty)

Workshops:

Friday: 5 – 7 PM (note only first and last workshops include Friday)

Saturday: 9 AM – 12 noon, 2 – 3 PM

Sunday: 9 AM – 12 noon, 2 – 3 PM