

Maarten Vermaase

Tibetan Healing Exercises and the Progressive Stages of Hatha Yoga

A seven day course in Ealing, West London starting February 2011

Tibetan Healing Exercises (Kum Nye, Lu Jong and Tsa Lung) derive from the Tibetan Buddhist Medical, Meditation and Yoga traditions. They combine slow moving Relaxation Yoga, self massage, Pranayama, visualisation and voice techniques. They aim to develop vitality and balance and can be used for self healing, deep relaxation and preparation for meditation.

Dutch born Maarten Vermaase is a Diploma Course Tutor for the British Wheel of Yoga and has practised and studied Yoga since the early 1970's. He studied Hatha Yoga primarily under Robert Van Heeckeren, and Tibetan Buddhist meditation, Yoga and Healing Exercises with numerous Lamas and teachers from the Kagyu and Nyingma traditions. He teaches extensively in Oxford and London, and runs regular workshops, retreats and BWY Meditation Modules for groups nationwide. He started the Mahasiddha Yoga Group in 1999 at the suggestion of his teacher, Kenchen Thrangu Rinpoche.



During this **course** we will examine that the principles that underlie Tibetan Healing Exercises have their equivalents within Hatha Yoga, and explore how a practical understanding of these principles can help us greatly in the understanding and practice of Hatha Yoga. The course will be mostly practical, with additional discussion. During the morning sessions we will normally work with the THE and their principles, in the afternoons we examine how these can be applied to Hatha Yoga. It is expected that participants will practise the exercises at home. There may be some limited home study.

The course will run 10am to 5pm and be held at Friends' Meeting House, 17 Woodville Road, Ealing, London. W5. (Very close to Ealing Broadway Station and accessible by bus, Central and District Lines and mainline Railways from Paddington or from the West; e.g. Reading or Oxford. There is car parking available).

Cost is £400. There are strictly limited places, so early registration is advised. A deposit of £100 is required to secure your place.

Go to: bookwhen.com/bodhi-yoga (and if paying by credit or debit card please cover any fees).

For enquiries email: bram@globalnet.co.uk (or Text 07879 625 152)

PROPOSED OUTLINE:

Day 1: 5th Feb 10am—5pm

Course introduction. What are Tibetan Healing Exercises? What is Hatha Yoga? Working with sensations: awareness of healing energy. Meditation on sensations. The Principle of *sKu* ('subtle body'). The Yoga of 'no body'. *Shtirasukhamasanam*, or 'bliss-emptiness in posture'

Day 2: 19th March

Continued: the Principle of *sKu* (*subtle body*). The Yoga of 'no body'. *Shtirasukhamasanam*, or 'bliss-emptiness in posture'
Effortless Movement '*...Doer and deed refined until they are gone...*' (Milarepa)

Day 3: 4th June

The Mind - Prana - Breath link: breathing meditation.
Examining the Inner Breath: conditions for Pranayama. *Akasha Pranayama*, *Kevala Kumbhaka*. *Klesha and Kriya*, the practice of Purification and *Shatkarma*. Preparing for Pranayama: breath release, breath extension.

Day 4: 25th June

What is Pranayama? The purpose of '*Sahita Kumbhaka is to join Prana and Apana Vayus at navel*'. 'Open Hold' in *Ujjayi Samavritti*

Day 5: 24th Sept

Effortless Movement Continued. '*...Doer and deed refined until they are gone...*' (Milarepa). Balance or 'relaxation in action' and the principles of *Rushen* ('to interrupt'). Spontaneous meditation.

Day 6: 22th Oct

Rushen ('to interrupt') continued.. Spontaneous meditation.
Vitality or 'Relaxation within intensity', letting go of resistance.
Transforming negativity. The principles of *Lojong* ('Mind Training') and *Tonglen* ('Taking and Giving') meditation

Day 7: 26th Nov

Kundalini and *Candali* ('Inner Heat'). The four conditions of Mudra. *Nadi Prana* Yoga, visualizing the subtle body. *Ujjayi Samavritti* with *Aswini*, *Vajroli/Sahajoli*, and *Tadagi Mudras*. How to progress from here? – future studies.

