

Qi Gong and Meditation

About the retreat

Qi Gong is rapidly growing in popularity as a practice which helps to generate more energy and vitality; promotes self-healing and inner harmony; and can improve levels of health considerably.

Many people benefit from having a movement practice to accompany and support their sitting meditation practice. Meditation is an integral component of Qi Gong, and they complement each other beautifully.

This retreat offers us the chance to deepen into our experience of both practices using the breath and focused awareness to deepen our connection with ourselves and others in the natural beauty and healing environment that is Dhanakosa.

This retreat is suitable for complete beginners to meditation and Qi Gong as well as those who already have some experience.

Is there anything special I need to bring?

You will need to bring loose clothing suitable for Qi Gong and meditation.

What can you expect from the programme?

The day will start with a short Qi Gong session by the loch to warm and wake the body opening the meridians before meditation and breakfast. Each morning Susanne will lead a 2 hour session deepening into the work. After lunch there will be free time to rest and explore and then another shorter session in late afternoon or evening.

During the course of the week we will learn sequences and forms which will be repeated until they become familiar and easy to remember, so retreatants can continue with the practice at home.

The retreat will be held in the context of several meditations a day mostly integrated with the Qi Gong, some dharma talks and simple Buddhist rituals.

Periods of silence will feature throughout the retreat lengthening as the retreat

About the retreat team

Siddhimala became involved with the Triratna Buddhist Community in 1992 and moved into a community in London before going to live and work at Taraloka retreat Centre in 1994 for 3.5yrs and at Dhanakosa in 2014 for 4 years. She was ordained in 2002 and is inspired by the Bodhisattva ideal - a life in the service of a higher purpose. She trained to teach Tibetan Yoga (Kum Nye) from 2008-11, which she finds a very helpful addition to the practice of

mindfulness and meditation. She enjoys sharing her passions of Meditation, Dharma, walking, kayaking, music and the dance of countryside and wildlife.

Siwan started studying and practicing Qigong in her mid twenties back in 2000 as part of her training in Chinese martial arts. Over the years she has developed a strong daily practice and in 2012, with the blessing of her teacher I started teaching her own Qigong and Taijiquan classes. Teaching has been a mainstay of her working life since then. She is also a Breathworks Mindfulness trainer and her experience greatly informs the way she teaches Qigong. There is a strong emphasis on body-mind awareness steeped in much kindness.