

Painting the Rainbow



Taiji, Poetry and Meditation

A retreat expanding our horizons through language: opening to the wisdom of the body and integrating our heart and head. Each move in Taiji is a metaphor. The structured forms provide an inspiring backdrop for the creation of rhythmic patterns with words. Taiji, writing & poetry have much in common: form, structure, sensitivity and a striving towards wholeness. Clouds like thoughts come and go; inspired by the surrounding mountains, lochs & sky, we will combine writing with movement and mindfulness for our own wellbeing and for all living beings everywhere.

This week of Taiji, writing and meditation will trace our intimate relation to each other and our earth – with an overall theme of “painting rainbows”, bringing colour to our bodies and imagination. Whatever arises from our practice we will use to play with the reality of our interconnectedness – write about it and share our stories.

What else do I need to bring?

- A notebook to use as a journal
- Writing/drawing materials
- Loose comfortable clothes for movement and taiji
- Warm outdoor clothes and footwear and gloves

To allow for deeper reflection and quiet time for our writing, there will be periods of silence overnight and after each meditation (3 or 4 each day), leading to a whole day of silence.

About the retreat team

Sukhema will lead the movement/taiji sessions, and some of the poetry, singing and storytelling. More here www.playspacepublications.com

Linda France will lead the writing sessions - <https://www.lindafrance.co.uk/>

Jayaraja will lead the meditations.