



Qi Gong and Meditation Online

28th November – 4th December 2020

About the retreat

Qi Gong is rapidly growing in popularity as a practice which helps to generate more energy and vitality, and 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.

By combining the two practices, 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.

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

What can you expect from the programme?

This retreat will start on Saturday 28th at 10:30am and end on Friday 4th Dec at 5.30pm. Siddhimālā and Susanne we will use an integrated approach, so each session will have some Qi Gong, energy practice and Meditation of varying times. It is anticipated we will have groups some afternoons, as well as providing space for some more interactive discussion of the themes during the week.

The first session on Saturday will start with an introduction to the programme, zoom tech, all of us, followed by a break and a Qi Gong session.

We would like to encourage all participants to start logging on 10/15 minutes before the session starts, so we can have everyone in the room by the start of each session. You will find it easier to engage with the retreat using either a lap top/pc or tablet rather than your phone, as you will need to be able to stand to do the body work with your device set up so you can see it and still move.

The zoom room will be open 15 minutes before the teaching session starts.

Saturday sessions

- 10:30-12:30
- 3:30-5:30pm

Sunday to Friday sessions

- 8:00-9:00
- 10:30-12:30
- 3:30-5:30

As well as Qi Gong we will introduce the mindfulness of breathing, loving kindness, just

sitting and body scan meditation practices, as well as some basic Buddhist themes.

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.

Susanne Lin Jensen – “The interest in Taiji and Qi Gong started when I was 21 and has continued to be central since. I came to Scotland in 1993 to study at Glasgow School of Art, where I got a degree in Photography. I have lived, studied and worked in Scotland since. In 1997 I finished my apprentice training with Rising Dragon Tai Chi. At the same time, I also qualified as a Kairos therapist. Ever since I have continued learning and developing Taiji and Qi Gong forms, with various teachers. I have been a Mitra with Triratna since 2013 and have been on various retreats. I am interested in the importance of ‘embodiment’ or how body work can help us to be more present and alive. I am also very interested in working with energy and healing, as an aid for change.”