

# Qi Gong and Meditation

## About the retreat

Qi Gong is rapidly becoming 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 in the natural beauty and healing environment that is Dhanakosa.

Diana will also link the work to the 5 element theory base of Chinese Medicine, working with a different element each day.

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 up and wake the body, and open the meridians before meditation and breakfast.

Each morning Diana will lead a 2 hour session deepening into the work, there will be digestive Qi Gong after lunch, 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 progresses.

### **About the retreat team**

Amoghavira is an experienced retreat leader who has taught at Dhanakosa for many years.

Diana Barnard has been leading Shiatsu, Qi Gong and Meditation retreats at Dhanakosa since 1999.