

# 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, 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.

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 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 progresses.

## About the retreat team

Smritiratna first took up Buddhist practice in 1977 at the age of 21 while studying Developmental Psychology at Sussex University. At 27, he began training in earnest with the FWBO and entered the Western Buddhist Order in 1991. In 1996, he came to Scotland, joined the Dhanakosa project and spent five years on-site, teaching and house-keeping. In 2001, he gave up house-keeping to concentrate on study, contemplation and teaching and lives in Balquhiddar Glen. He still leads Dhanakosa retreats and continues to delight in introducing meditation to newcomers.

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.”