

Tai Chi and Meditation: Stillness in Motion

About the retreat

Tai Chi is very beneficial for promoting relaxation, inner and outer balance and stimulating the body's healing energies. Factors which blend well with learning or developing a meditation practice and, which wonderfully support the spaciousness of being on retreat. This retreat will include Tai Chi instruction, Buddhist meditation, some ritual and silence - as well as free time to explore the beautiful surroundings.

Is there anything special I need to bring?

Loose clothing for meditation and Tai Chi.

What can you expect from the programme?

Tai Chi

The Tai Chi will be taught by Dharmamudra and Nagamudra, both certified trainers from the Taiji School of Central Equilibrium. They will be teaching the Short Yang style Form (1st Section) and the 5 Primary Exercises.

Meditation

We do not assume that you will know how to meditate and will teach you two simple meditation practices from the Buddhist tradition, one of which helps us to become calmer and more concentrated and the second of which helps us to develop positive emotions such as confidence, friendliness, and the ability to empathise with others.

Retreat Programme

There will be a programme of meditation consisting of three or four short sessions of meditation each day for 20-30 minutes. There will 2 or more sessions of Tai Chi during the day. In the evenings there are often talks and opportunities for discussion or to ask questions.

We will have periods of silence throughout the retreat to facilitate the process of integrating our meditation practice into the gentle movement of Tai Chi.

About the retreat team

Dharmamudra and Nagamudra are qualified and experienced Tai Chi teachers from the Taiji School of Central Equilibrium.

Pasadini is a former member of the community at Dhanakosa and now lives in Glasgow.