

# Dance of the Elements

4<sup>th</sup> to 11<sup>th</sup> October 2024

## About the retreat

A retreat expanding our horizons through language: opening to the wisdom of the body and integrating our heart and head. Each move in Tai Chi is a metaphor. The structured forms provide an inspiring backdrop for the creation of rhythmic patterns with words. Tai Chi, 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 Tai Chi, writing and meditation will trace our intimate relation to the dance of the elements: Earth, Water, Fire, Air, Space, and Consciousness – with an overall theme of impermanence. Whatever arises from our practice we will use to play with the reality of our interconnectedness - write about it and share our stories.

## Is there anything special I need to bring?

Bring a handful of earth from somewhere near your home and write about your *earth*. Bring your writing/story to the retreat. And bring:

- A notebook to use as a journal
- Writing/drawing materials
- Elemental poems, stories & songs you would like to share
- Loose comfortable clothes for movement and tai-chi
- Warm outdoor clothes and footwear
- Bring your dreams

To allow for deeper reflections 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.

*I say to my breath once again, little breath come from in front of me, go away behind me, row me quietly now, as far as you can, for I am an abyss that I am trying to cross.*

W. S. Merwin

## About the retreat team

**Sukhema** [www.playspacepublications.com](http://www.playspacepublications.com) will lead the movement/taiji sessions

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

**Jayaraja** <https://www.dhanakosa.com/retreat-leaders/jayaraja> will lead the meditations

**Sue Ruben:** [https://compassionatementalhealth.co.uk/speaker/dr\\_sue\\_ruben](https://compassionatementalhealth.co.uk/speaker/dr_sue_ruben) will organise