

Qi Gong and Meditation - May 2024

About the retreat

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

This retreat offers us the chance to deepen into our experience of both practices using the breath and focused awareness to more fully experience 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. Please bring warm layers and waterproofs for outdoor Qi Gong practice.

The path to loch shore and into the woods is steep and slippery when wet. Please bring walking poles if you feel this may aid your movement around the site.

What can you expect from the programme?

The day will start with a short **Qi Gong session by the loch** to warm and wake the body, opening the meridians before meditation and breakfast. Access to the loch is by a grassy path down a slope.

Each morning Diana will lead a 2 hour session deepening into the work. Some of this practice may be outdoors, on the lawn or in the woods behind the retreat centre. 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

Amoghavira has been teaching at Dhanakosa for 30 years. He is a keen photographer and loves camping out on remote Scottish hillsides, good coffee and a good fantasy novel. He has recently been teaching himself how to recognise all the different bird calls around Dhanakosa. Check out his stunning images on www.amoghviraphotography.co.uk

Diana Barnard – has been following the path of Buddhism for 25 years. She has co-led Shiatsu and Qi Gong retreats at Dhanakosa for at least 15 years and is deeply connected to the beauty and majesty of the place which supports and informs her work.