

White Crane Spreads Wings

Tai Chi, Writing and Meditation

A retreat expanding our horizons through language: opening to the wisdom of the body and integrating our head and heart. Tai chi, writing and meditation have much in common: form, structure, sensitivity and a striving towards wholeness.

Each move in tai chi is a metaphor and the structured forms of the practice provide an inspiring backdrop for the creation of rhythmic patterns with words. Clouds like thoughts come and go; inspired by the surrounding mountains, water and sky, we will combine writing with movement and mindfulness for our own well-being and for all living beings everywhere.

This retreat will trace our intimate relation to each other and our earth. Whatever arises from our practice we will use to play with the reality of our interconnectedness – write about it and share our stories.

This retreat is suitable for complete beginners to meditation and tai chi as well as being an ideal refresher for those who already have some experience.

What else do I need to bring?

- A notebook to use as a journal
- Writing/drawing materials
- Loose comfortable clothes for movement and taiji
- Warm outdoor clothes and footwear and gloves

To allow for deeper reflection 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.

About the retreat team

Sukhema will lead the movement/tai chi sessions, and some of the writing, singing and storytelling. More here www.playspacepublications.com

Jayaraja will lead the meditations.