

# 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, with an overall theme of 'spreading our wings', bringing flights of the imagination to our bodies. Whatever arises from our practice we will use to play with the reality of our interconnectedness – write about it and share our stories.

*Hope is the thing with feathers  
That perches in the soul,  
And sings the tune without the words  
And never stops at all - Emily Dickinson*

*The true sign of intelligence is not knowledge but imagination - Albert Einstein*

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 do I need to bring?

Bring a small object/keepsake from home that inspires you to spread your wings. And also:

- A notebook to use as a journal
- Writing/drawing materials
- Loose comfortable clothes for movement and tai chi
- 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. [Shubhalila](#) will lead the writing sessions, [Jayaraja](#) will lead the meditations and [Sue Ruben](#) is the retreat organiser.