



Turn to Gaze at the Moon

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. Thoughts, like clouds, come and go: inspired by the mountains, loch, sky, moon and stars, we will combine writing with movement and mindfulness in a mosaic of interconnectedness for our own wellbeing and for all living beings everywhere.

the half moon
dressed in clouds
scatters light on the loch

Playing with whatever arises from our practice, we will rediscover the ground of our kindly awareness, just one facet in the larger dimension of ecological interdependence and flow, write about it and share our poems and stories.

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?

- 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.

Is there anything special I need to bring?

We all need something to hold and keep. Find a small object you have held and kept to help you remember an experience, a friend, an animal, a tree, a loved one. Use the object as a stimulus for a short piece of writing. What strength or solace do you derive from this object?

Bring your writing and your object to share at the beginning of our retreat.

TIDE

If I don't catch it
right now, the look of the bay
at the lowest tide,
with the sun stamping on it,
the uncovered sand like clay,

if I let it go
for some more important thing,
or just look away
for a bit, meaning to note it
when I've first done something else,

only my mind's eye
will be left to remember,
when the tide has turned,
how the whole bay looked
like a great shell lying there

all blue, brown, silver
and how I needed to shape
something I could hold
and keep, maybe, from those few
moments before it all changed.

Susan Donnelly

About the retreat team

[Sukhema](#) will lead the movement/tai chi sessions, and some of the writing, singing and storytelling. [Shubhalila](#) (Roz Goddard) will lead the writing sessions, [Jayaraja](#) will lead the meditations and [Sue Ruben](#) is the retreat organiser.