



## Andy Henry

Andy Henry is a well-established teacher and healer in the Qi Gong field. He has studied and practised with different teachers from the Healing, Martial and Spiritual traditions of the East and the West since the 1980's and has been teaching in this field since the early 1990's.

One of the main influences on his work is the late Dr Shen Hongxun, founder of the Taijiwuxigong and Buqi healing systems. Andy maintains a busy teaching and treatment schedule in England, Portugal and Spain.

For Andy's workshop and clinic details see:

[www.qitreehealing.com](http://www.qitreehealing.com)

For more information on Andy's courses and clinic contact Amyas by email on:

[taijiwuxigong@hotmail.com](mailto:taijiwuxigong@hotmail.com)



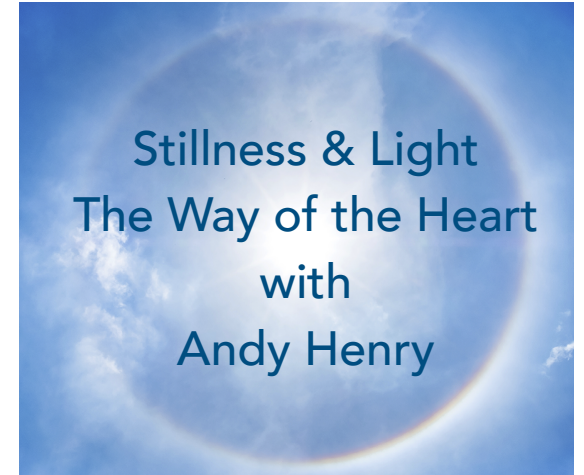
## Emerson College

The retreat venue, Emerson College, sits within 22 acres of Botanic Gardens filled with beautiful ponds, lawns and flower beds, plus an orchard with many rare trees and medicinal plants. An ideal location for a meditation retreat, it is easy to reach by train from London and is 30 minutes from Gatwick airport. See online map for directions: <https://bit.ly/EmMap1>

Rooms are single with shared bathrooms. Bedding and towels are provided. The food is vegetarian - bio-dynamically grown on site. Special diets can be catered for if you tell us your requirements by July 15

Emerson College, Hartfield Road,  
Forest Row, East Sussex, RH18 5JX

W: <https://emerson.org.uk>



Stillness & Light  
The Way of the Heart  
with  
Andy Henry

## QI GONG & MEDITATION RETREAT 2023

Wednesday 9th to  
Sunday 13th August

Emerson College, UK

For bookings & queries contact Ann on:

[buqihealth@gmail.com](mailto:buqihealth@gmail.com)

or call 07766 100 383



## Practical Details

**Wednesday 9 to Sunday 13 August 2023**

**Arrive 14.30 - 16.00 on Weds 9** for registration at reception - 1st session 5pm  
**Thurs 10 - Sat 12** Practice starts 10am each day & final session is 20.00 until approx 21.30  
**Sun 13** - Final practice session is 12.00 and we leave after lunch - approx 14.00

**Course fee:** Single room & meals: £696  
**Non residential:** incl. lunch, supper and morning + afternoon breaks: £516

Travel info here:

<https://emerson.org.uk/about-us/contact/>

**Gatwick** is nearest airport - 30 mins by car

**Train travel** is from Victoria Station to East Grinstead (£12-£15), taxis cost around £8.50.

**Covid** Please visit <https://bit.ly/EmTrav22> to check the college covid safety regulations, especially if travelling from overseas.



## Qigong & Meditation Practice

Each day is filled with a mixture of standing, moving and sitting exercises that progress towards a more stable state during the retreat.

Active Qigong sessions are balanced with sitting Meditation practice.

Most students notice a big improvement in their practice, shown by calm extended periods of sitting meditation.

## The Aim & Fruit of the Work

We aim to experience our stillness (empty essence). Also the energy, or light, that comes out of this emptiness. Both stillness and light are different types of our energy or Qi.

Compassion is a natural expression of this light within us, and offers both a path and a guide for this work.



## Benefits of our Practice

As our vital energy (our Yuan Qi) becomes clearer, we see the benefits in our practise and daily life. We will learn to work with the experience of our Light - our active forms of Qi, and to develop awareness of what that light shows about ourselves and our world.

We also work with developing the Energy body in the upper levels of this practice. Experienced practitioners will deepen their stability in the experience of stillness and light.

The retreat offers an ideal environment to focus on our meditation and Qigong practice, free from personal daily concerns.

It also gives the opportunity to spend more time with the teacher and benefit from their personal practice, understanding and healing function.