
SPRING RETREAT PORTUGAL



QI GONG MEDITATION RETREAT 2023 with Andy Henry LISBON- TORRE DA AGUILHA -FROM 24 TO 30 OF MAY

Stillness and Light, the way of the heart

The Essence of our work

In this year's retreat, we carry on with the work of integration from last year. First, we try to find the experience of our stillness (our empty essence) and try to get a little more stable in that experience. As this stability develops so does the energy or light that comes out of this emptiness. Both our stillness and light are different types of energy or our Qi. As we experience our light (all our active forms of Qi) we try to learn to work a little better with it. To develop our awareness of what that light shows us about ourselves, the world we live in, and to integrate with that. This is the Way of the Heart.

How we practise

We use a variety of standing, moving (daoyins) and sitting exercises to let go of our tensions while at the same time to activate and develop our energy, especially our vital energy called Yuan Qi. The daoyins are a mixture of mental focus, postural structural work and spontaneous reaction and movement. As we practise them our tensions lessen (called Bin Qi or negative factor) and our Yuan Qi develops. For some students cathartic emotion release can happen in these stages. As we work with this we start to understand more about our Energy body and how this connects to our perception, our emotions and our thoughts.

The Energy body includes the energy channels (meridians) and the chakras (energy centres or dantians) as well as the phenomena of light that can extend beyond the physical body and our relationship to that.

Developing our external Qi (kong jin) is very important in this process. It is here that we have the possibility to see the connection between our thought, emotion and energy and how that comes out into our physical reality. Compassion is a natural expression of this light within ourselves and provides both a path and a guide in our work here.

To support this work we also study the different chakras (energy centres or dantians) and their function and role, both positively and negatively and the different types of Qi involved. We also study the subject of Qi or energy and how this relates to our Stillness and Light and its relationship to our Heart and Compassion.

The Aim and Fruit of the Work

Building a stronger energy body results in an improvement in the health of our physical, emotional and mental aspects. This is a first stage in the development of our Compassion where our work for our health enables a greater health, freedom and clarity of body, energy and mind. This in turn gives the chance for a natural lack of worry and fear for self and so the basis for Compassion for others. This is the basis for working with the large channels and their connection to our anger (attachment to what we don't want), jealousy (attachment to what we want) and fear and how to improve how we are with those experiences.

As this basis develops and our Yuan Qi becomes clearer, we can see this benefit in both our practise and our everyday life. As we become more stable in the meditation practises (usually after a few days of the retreat most practitioners experience this ease and comfort in their meditation) this becomes a practise for how we are in ourselves in the everyday life and our relationship with ourselves and others.

For experienced practitioners we deepen our stability in the experience of stillness and light and as our fear gets less and our compassion for others develops more, we work with this developing Energy body in the upper levels of this practise.

LISBON - TORRE D'AGUILHA 24th to 30th of May

The retreat will take place, near Lisbon, at Carcavelos, 25 minutes by taxi from Lisbon International Airport, at "Seminário da Torre da Aguilha".

The course will start on the 24th of May at 4.30 pm and will end on the 28th of May, after lunch, for those who do 5 days, or on the 30th of May, after lunch, for those who want to stay for the 7 days.

It is a 5 or 7 days residential course, full board with 3 main daily sessions – morning, afternoon and evening (usual breaks for breakfast, lunch and dinner with two tea breaks a day). Approximate timetable is 10h00 – 13h00, 15h30 – 18h30, 20h30 – 22h30 (tbc on a daily basis to reflect weather and needs of the group).

VENUE AND DIRECTIONS: TORRE D'AGUILHA



DIRECTIONS:

1. 2ª Circular - way to Aeroporto / Benfica
2. Exit - Cril A5
3. Exit - A5 Casacais.
4. From Lisboa through A5 during 15km.
5. Exit A5 por " Abóboda / Carcavelos".
6. After the Toll follow " Abóboda / Tires".
7. 1st on the right for "Seminário"
8. Car parking - Torre D'Aguilha

BOOKING AND PRICES

7 Days // single room (accommodation and course) - 805 €
7 Days // double room (accommodation and course) - 745 €

5 Days // single room (accommodation and course) - 650 €
5 Days // double room (accommodation and course) - 590 €

Booking in advance is mandatory. Payment will be made on arrival, in Euros.

INFORMATIONS AND BOOKINGS

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