



Five Seasons Workshop: Autumn-Metal & Liangyi Quan

21st October 2018. Shotover Hill (meet in main car park).

9:30am-12:30pm

In the repeating series of Daoshu's Five seasons Shotover Hill workshops, we practice unique forms and body movements linked to the characteristics and qualities of the five seasons as conceived within Chinese Wuxing theory. We will practice in secluded hill woodland to fully appreciate the connection with Nature.

This is the “**Autumn/Metal**” workshop, focusing on the element of Metal, the bodily organs of the Lungs (Yin) and Large Intestine (Yang), and functioning of the respiratory system and skin integrity. The metallic smell of leaf litter in Autumn highlights this particular stage of elemental transformation: this is a stage of coalescing, cooling, and solidifying. Stilling and solid structure simultaneously creates the potential for significant force and power. In Wuxing Qi Gong practice the animals linked to Metal are Snake within the moving sequences, and Tiger within the static sequences.

Autumn represents the interplay of yin (the forthcoming winter, cooler temperatures and slowing/receding energies) and yang (the remaining sunny days, the burst of Autumn's fiery colours). In Wudang, the main practices used to explore this contrast and inter-relationship are the Liangyi forms. We will drill sequences from TaiHe Quan, Taiyi Wuxing Quan, Taiyi 18, Xiao Yao Zhang and Xuanwu Quan, plus some sword techniques (the alchemy of the metal element in the blade).

£5 per person. Swords provided

Next workshop, “Winter/Water”- January/February during snowfall or heavy frost.

For more information on 5 Seasons Workshops, see:

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