



Five Seasons Workshop: Spring-Wood & Introduction to the Fuchen (Horse-Hair Whisk)

4th May 2019. 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 "Spring/Wood" workshop, focusing on the element of Wood, the bodily organs of the Liver (Yin) and Gallbladder (Yang). This is the embryonic emergence of the Yang principle from the previous Yin of the Winter: the days are getting longer, vegetation is growing. Fresh green shoots and colourful spring blooms are evident. Shotover in Spring is beautiful, with woodland purple carpets of bluebells contrasting with the vibrant green tree canopy. In Wuxing Qi Gong practice the animals linked to Wood are Dragon within the moving sequences, and Leopard within the static sequences, and these practices will open our workshop.

We will then introduce the Fuchen, or Horse-Hair Whisk, a soft weapon carried by Daoist monks during their travels and ceremonies. Fuchen means 'to sweep away dust', or metaphorically, to sweep away problems – bad energy, worries, or an opponent. So a Spring Clean on all levels!

Fuchen is a uniquely Daoist weapon wielded with a Taiyi practice that combines light, flowing and striking movements, all performed at speed. Students will learn foundational body movements and techniques with the weapon itself. (Fuchens provided)

It is said: "Whoever carries the Fuchen is not an ordinary human being...after many years of practice with the Fuchen, one may become immortal".

£5 per person. Fuchens provided. *Next workshop, "Summer/Fire" will be in June/July.*

For more information on 5 Seasons Workshops, see:

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