



Summer/Fire 5 Seasons Workshop

23rd June 2018. Shotover Hill Country Park

3 hr Workshop option 9-12noon/Full Day Bootcamp: 9-5pm

In Daoshu's 5 seasons workshops, practicing 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 in Shotover Hill to fully appreciate the connection with Nature.

Bootcamp option - 7 hours of martial arts training to build fitness and skill Wudang-style. This would equate to around 75% of a typical day's training on Wudang mountain.

This is the “**Summer/Fire**” workshop, focusing on the element of fire, the bodily organs of the Heart (Yin) and Small Intestines (Yang), blood circulation and functioning of the endocrine system. The energy is high, and we will match increase the intensity of training accordingly. Just following the peak of daylight and unfolding of Yang energy in the year, this time represents the first appearance of Yin receding energy and the subsequent shortening of days, the black spot within the white within the Taijitu diagram.

The animal linked to Fire is the Crane, and we will spend the first hour practicing the static and dynamic Wuxing Crane Qi Gong sequences. The rest of the workshop (both ½ day and full day formats) will proceed via two optional streams of yang-focused practice: sequences from a) Taiji - 108 Taiji Quan or b) Gong Fu - Xuan Zhen/Gong Quan.

£5 per person for 3 hours, £15 for full day (incl. lunch contribution)

Meet in main car park; lifts provided to and from St Clements at 8:45am and 5pm.

Next workshop, “Harvest/Earth”- Early September

For more information on 5 Seasons Workshops, see:

www.dao-flow.com daoshuoxford@gmail.com

