



Five Seasons Workshop: Harvest-Earth

Tiger-Taming (& Dragon-Subduing) in Wudang Practice

Saturday 4th August 2018. Shotover Hill (meet in main car park). **9:30am – 1:30pm**

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 “**Harvest/Earth**” workshop, falling during the time of the first harvest, the Celtic Lughnasadh. We focus on the element of earth, the bodily organs of the Spleen (Yin) and Stomach (Yang), and functioning of the digestive system and muscles. Symbolising the beginning of receding energies following the peak of summer, the Earth phase is characterised as containing the spark of preceding early summer while harbouring the culminated potential of the waxing progression from that earlier Fire phase: reaping the fruits of what has been sewn.

The animals linked to Earth are Tiger within the moving qi gong sequences, and Snake within the static sequences. A focus of intention is sinking energy into the Dantien and moving from this point, while rooting to the ground. Our martial and cultivated fruits – upper body techniques and mindset, are dependent on the integrity of our rooted relationship to the earth.

Our relationship to the earth will be explored by both standing pillar meditations and the qi gong practice itself. We will take the essence of these practices and develop these within the ferocity of Xiang Long Fuhu Quan – “Taming the Tiger & Subduing the Dragon Fist”. A kung fu form famous for its groundwork (sweeps, throws, stepping techniques). We will also try the application of these practices within our staff work.

£5 per person

Next workshop, “Autumn/Metal”, Late October, focusing on Wudang Sword.

For more on 5 Seasons Workshops, see our Facebook page &: www.dao-flow.com daoshuoxford@gmail.com

