



Five Seasons Workshop: Autumn-Metal

Shotover Hill (meet in main car park).

9am-1pm Half Day workshop Option (£5)

9am-5pm Full Day Retreat Option (£10)

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.

Within the focus on metal we will introduce the blade – the signature weapon of Wudang, the straight sword, or Jian. Sword practice is viewed as the peak of Wudang training, with the aim of merging the sword with the body, and in turn Shen, or Spirit. This is a mystical level of mind-body practice and we will explore the symbology and practice of both slow meditative Taiji sword and (optionally) the fast, twisting movements from Taiyi Xuan Men Jian and Longhua Jian.

Swords provided.

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

For more information on 5 Seasons Workshops, see:

www.dao-flow.com/5-seasons-workshops.html

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