



## Five Seasons Workshop: Autumn-Metal

18<sup>th</sup> October 2015. Shotover Hill (meet in main car park).

2pm-6pm

# Daoshu

## Wudang Daoist Martial Arts, Oxford

*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.

We are very fortunate to be joined by Shifu Zi He (Jeff Reid), a 16<sup>th</sup> Generation Wudang San Feng Pai Lineage holder ([www.wudangdaoism.com](http://www.wudangdaoism.com)). He will be providing expert tuition in an introduction to Fuhu Quan, “Taming the Tiger” Gong Fu form, and lead our routine workshop conclusion in the practice of Tai He Quan. There are two options for workshop participation:

**Option 1: £35** Full workshop attendance with expert Gong Fu (fast and strong practice) tuition with Zi He.

**Option 2: £15** Internal practice only: Led Qi Gong and Tai He Quan practice at the beginning and end of the workshop, with guided self-practice in the middle section.

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

For more information on 5 Seasons Workshops, see:

[www.dao-flow.com/teaching--syllabus](http://www.dao-flow.com/teaching--syllabus) [daoshuoxford@gmail.com](mailto:daoshuoxford@gmail.com)