



Five Seasons Workshop: Winter-Water

Posture & Alignment in Internal Practice

Weekend day in Jan/Feb 2017 (following snow/heavy frost)

Shotover Hill (meet in main car park/lifts available from St Clements)

1pm-5pm

Daoshu

Wudang Daoist 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 **“Winter/Water”** workshop, focusing on the element of Water, the bodily organs of the Kidneys (Yin) and Bladder/Urinary Tract (Yang). This is the peak of the Yin transformation: water, waning and coldness. Yet the white circle appears within the black yin signalling the rebirth of waxing, Yang energy (the ‘bite’ of the cold). In Wuxing Qi Gong practice the animals linked to Water are Turtle within the moving sequences, and Dragon within the static sequences. Both movements are designed to massage and stimulate the kidneys, cleanse and purify.

This year we will also explore bodily-structure during internal practices: alignments of trunk and joints to promote physical health during regular practice and the cultivation of internal energy. Following the Qi Gong we will cover some basic drills and then focus on the Tai He Quan form, a form we have dipped into regularly during our Shotover training sessions and now will study in greater depth.

The workshop will be held on a weekend day during January or February, following snowfall or heavy frost. Nature will decide!

Next workshop, “Spring/Wood” will be in April and will introduce Wudang Staff.

£5 per person

For more information on 5 Seasons Workshops:

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