



Satya Sattva Studio



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<http://www.instituteofintegralqigongandtaichi.org/>

Health Qigong and Inner Alchemy

- 2-days Workshop -

DAY 1: 10:00 am – 3:00 pm

Module 1 (2h): Introductory Workshop in Qigong and Tai Chi

Presentation and Study: In this workshop, we will explore the roots and the philosophy of Qigong and Tai Chi, the mapping of the existing forms, as well as the health and well being benefits. We will explore the principles at the foundation of these amazing mind-body health exercises, and we will understand the concepts that lead to a solid and grounded practice with optimal results.

Qigong and Tai Chi Practice: We will introduce the practice of the **Vitality Enhancement** method (**Bu Zheng style**) and the **Alchemic Nine Phases**. We'll learn the Guo Lin breath (from the Guo Lin cancer-recovery program), body self-massaging and tapping, Ringing the Temple Gong and Beating the Heavenly Drum methods, then we'll discover the Qi, gather the Qi, circulate and purify, direct and conserve, store and transform, 'polish the pearl', and finally dissolve in the Qi. We will feel the immersion and discover our true eternal nature.

Lunch break: 1 h

Module 2 (2h): The Golden Elixir legend through the 7 Precious Gestures

Presentation and Study: We'll explore the legend of the *Golden Elixir of Eternal Life*, going deeper into the old verbally-transmitted teaching and practice coming from the Oriental wisdom. We'll discuss the broader philosophy and archetypal human mythology related to the life of an *ascending person*, and we'll look at parallels and connections with similar mythology systems that centered around the *"inner elixir"* concept – known as "Ambrosia" in the Greek mythology, "Nectar" in the Latinised version, "Soma" in the Vedic traditions – which were all thought to confer "immortality" or "Amrita" to the "Gods" or to the "ascending seekers" of spirituality. We'll re-discover the *"inner elixir"* concept as being the most highly refined essence of self, our "true nature", expressing the profound truth of eternal being.

This workshop will introduce the basic and fundamental concepts of *Neidan*, or *Internal Daoist Alchemy* (lit., *"internal elixir"*), called *"The Way of the Golden Elixir"* (*jindan zhi dao*) – aimed to produce the "elixir" within the alchemist's person using the primary components of the cosmos and the human being as ingredients. Neidan integrates spiritual teachings on the Dao with descriptions of physiological practices. Daoist Alchemy has a history of more than 2000 years, recorded from the 2nd century BCE to the present day.

Qigong and Tai Chi Practice: We'll tell the story of the spiritual seeker and we'll build up the practice around it, learning the **"7 Precious Gestures" Qigong** form.

DAY 2: 10:00 am – 3:00 pm

Module 3 (2h): "Six Healing Sounds" Qigong Workshop

Presentation and Study: During this Workshop we will study the **Six Healing Sounds** in association with the **Five Elements** and the physical body system. The theoretical basis of the Six Healing Sounds exercise is in line with the Traditional Chinese Medicine theories and it helps to regulate and control the rise and fall of Qi (vital energy) through the inhalation and exhalation of the Six Healing Sounds. During the practice, the direction of body movements and mind follow the inner circulation law of the meridians. While helping to *balance the energy and functions* of the internal organs, the form also brings *calming and stress-release* effects.

Qigong and Tai Chi Practice: We will learn the **Qigong form** that completes this traditional powerful self-healing system. The practice involves the coordination of movement and breathing patterns, featuring slow, gentle movements that are safe and easy to learn and are suitable for people of all ages and in all conditions of health.

We will finish the practice with the **Emotional Healing Meditation**, using our Breath to balance the Emotions associated with the **Five Elements** and **Five Major Organs** of the body. We will fill the body with healing emotions, and we'll let go of the emotions that don't serve us. We will find peace and serenity and rediscover our true nature !

Lunch break: 1 h

Module 4 (2h): Animals Frolics Qigong

During this workshop we will dynamically and interactively learn and practice the ancient Qigong forms inspired from the life and the movements of the animals, bringing together the *unlimited wisdom of Nature* and *Traditional Chinese Medicine* concepts.

The **Animal Frolics Qigong** exercises (**Wu Qin Xi style**) were initially developed **Dr. Hua Tuo** – a leading physician of the Eastern Han Dynasty who lived around 200AD (the first Chinese surgeon and the inventor of the anaesthesia) – by observing nature and the life of animals. The practice involves coordinating breathing patterns with physical postures that imitate the particular movement patterns of the animals, to maintain health and well-being. It helps to harmonize the flow of Qi in the body, strengthen the internal organs, and fortify the body, while cultivating the particular qualities and strengths of the chosen animals.

We will explore the classic ancient forms and sequence and develop the peacefulness and gracefulness of the **Deer**, the fierceness and ferociousness of the **Tiger**, the calmness, strength and stability of the **Bear**, the agility and suppleness of the **Monkey**, the lightness and balance of the **Bird**, as well as more recent exercises inspired from mythology and nature – such as the **Phoenix Rising** (symbol of transformation), the **Dragon** and the **Snake** (mythical creatures), the **Dolphin**, the **Crane**, and the **Butterfly** (rising from the cocoon).

We will finalise the workshop with this joyous and cheerful, yet inspiring, mindful and enriching practice, setting the basis for transformation, Qi cultivation, and grounded Tai Chi and Qigong routine.

Power, Peace and Compassion to all !

For more information please contact Adina:

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