

## Corfu Spring Retreat

# Satori and Qi Gong

22 MAY – 5 JUNE 2010

**Part I, Satori: Sat May 22nd – Sat May 29th**

**Part 2, Qi Gong: Sun May 30th – Sat June 5th**

**At Corfu Buddha Hall (Greece)**

**Contact: [info@awareness-academy.com](mailto:info@awareness-academy.com)**



with **Ganga** and **Chandrakala**

The combination of Satori and Qi Gong was born out of the observation that an experience which stands on two legs is more solid, lasts longer, goes deeper, and its effects spread wider in one's life.

In **Part I, Satori**, we predominantly use the mind to come out of the thinking mind with its limiting conditionings and beliefs into the open space, spontaneity and freedom of no-mind, being and heart. Daily Qi Gong sessions and active meditations involve the body and activate a sense of well being.

(more about **Satori** in [www.awareness-academy.com](http://www.awareness-academy.com) . Look under Academy/Awareness Intensive)

In **Part II, Qi Gong**, the emphasis is on the body. Daily sessions with the Satori Dyad technique help integrate body mind and heart.

There is ample time to relax, connect, go for walks and rest.

Both parts provide tools to continue, come back to and keep up the connectedness with oneself and others.

Chandrakala writes about **Qi Gong**:

*Qi Gong: The Chinese Yoga*

*"A healthy person is a happy person"*

Qi Gong is a Chinese energetic method coming from the ancient Taoist tradition.

It is based on the understanding of the manifestation of the life force energy as a balance of the yin/yang polarity (passive/active – male/female).

Inspired by nature and the functions of the 5 elements, it works with the flow of the eternal changes and transformation inherent to our body/mind/spirit functioning.

The spirit of Qi Gong is of effortless effort – the 'WuWei'

Finding how to be relaxed in action and how to stay alert in relaxation - strength and softness.

Simple slow movements, conscious breathing exercises, visualisation, relaxation, healing sounds and colors... they are techniques to help the body to open up and be grounded.

As the flow of energy moves smoothly through the whole system, the mind clears up and the spirit begins to strengthen.

Qi Gong is a meditation in movement.

Presence can be found through the body.