



Listening with the Heart T'ai Chi and the I Ching

Residential retreat with Tew Bunnag

Friday 31 May - Sunday 2 June 2024

& an essential preparatory Zoom session
8.30 - 10.00 am Sunday 26th May

**Springhead
Fontmell Magna
Shaftesbury
SP7 0NU**

Arriving from 5pm on 31st
and finishing 3pm on 2nd

Fee for the weekend
Early Bird booking by 5 May
£335/£315 members

Thereafter, £355/£335 members

All bookings require a
non-refundable £50 deposit

Exploring the connection between Tai Chi and the I Ching deepens our knowledge and experience of both.

The basic language of Tai Chi practice can be traced back to the I Ching, offering insights into the constant interplay of the forces of Yin and Yang in our bodies and in the world around us.

The movements of the form describe this, as well as the archetypes of the 8 trigrams that emerge from the ritual of the throw when the I Ching is used as an oracle for consultation.

Tai Chi can thus be used as a real way to help interpret the message received through the I Ching.

Before the retreat there will be an important Zoom session when Tew will instruct us on the ritual of consulting the I Ching. (A recording will be available for those who cannot attend in person, but we urge you to try and make it). More guidance for what you need to bring will be provided when you sign up.

There is a limited amount of single / double accommodation available, at a supplementary charge. Please inquire further when booking.

Retreats.estcc@gmail.com



www.metta-taichi.org.uk

You will need to bring your own cushions for meditation, sticks for throwing, and be prepared for all weathers!

Please let us know well in advance of any dietary requirements.