



# SHAOLIN COSMOS QIGONG

11<sup>th</sup>- 12<sup>th</sup> August & 3<sup>rd</sup>-4<sup>th</sup> November 2018

9.30am – 5.30pm

Woodlands Natural Health Centre - Derby



## *Energy Flow for Health and Happiness* *& Developing Skills for Conscious Flow*

Practicing **Shaolin Cosmos Qigong** is a direct, simple and effective way of generating and managing energy flow for **clearing illnesses, having more energy** and generally **feeling happier and healthier**.

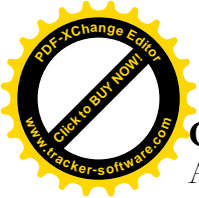
Qigong (Chi Kung) is rooted in a deep understanding of the way illness, lack of energy and unhelpful emotional/mental states arise and the natural way the human mind and body can heal itself. The word Qigong means ‘energy work’ or ‘skill in using energy’. And the greater the “Kung” or skills, the more benefits you get. That’s why we run our courses – to help you learn and deepen these energy skills and therefore get more benefits.

### **At the course you will:**

**Learn** or deepen the fundamental skills of energy flow for clearing illness, increasing energy and happily engaging in life

**Get** a direct experience of energy working for you and the confidence to practice at home

**Understand** how Qigong skills can be used to address specific issues in your everyday life and how to apply it to your work, wellbeing and play.



## Qigong & Energy Flow

At the simplest level anyone who has an absence of unnecessary tension in their body and their mind will have excellent energy flow. Anyone who has excellent energy flow will find their health is good, they'll feel energized and will feel peaceful and joyful in their day-to-day lives.

Shaolin Cosmos Qigong directly teaches the skills that make this clearing and flowing a reliable, repeatable process. At Fully Alive we have been learning and developing how to get these skills across to people simply and directly for many years. What often surprises people is how little time is needed each day to get the benefits of Shaolin Cosmos Qigong. Also, you don't need to be already fit or flexible to start or practice Qigong.

Most people find that practicing Qigong helps them develop internal awareness, which in turn helps with the understanding of how energy flows, how it affects our health and our outlook on life. This gives us the opportunity to apply ourselves, and our energy in new ways.

At Fully Alive we have always made it our focus to help people understand how to apply these arts in their everyday life.



### Level 1: Energy Flow for Health & Happiness

In this part of the course we will be teaching the fundamental skills underlying all of the Shaolin Arts - the fundamental skills of Shaolin Cosmos Chi Kung. These include entering Chi Kung state of mind, generating an energy flow and using those to clear blocks.

As with all of our work we teach techniques that develop skills that lead to practical outcomes and experience. Our aim is for you to leave the weekend having had a deeply relaxing and energising experience, having learnt and internalised the fundamental skills, and feeling confident you can achieve and maintain good health from a 15 minute daily practice.



### Level 2: Developing Skills for Conscious Flow

In this part you will learn the next level of skills in controlling and applying energy flow. This includes how to generate and control flows ranging from flowingly still to self-manifested chi flow.

You will get experience of each of these flows and learn what they can be used for. We will also be teaching standing meditation and various ways this technique can be used. Our aim is for you to experience a deeper practice of Shaolin Cosmos Chi Kung, learn how to more consciously use your ability to generate an energy flow and understand how to use these skills to affect your body, energy and mind.

**When:** This course is available on two dates – 11<sup>th</sup> & 12<sup>th</sup> Aug and 3<sup>rd</sup> & 4<sup>th</sup> Nov.

**Where:** Woodlands Natural Health Centre, Queens Court, Woodland Rd, Derby DE22 1GR

**Cost:** £240 for the 2-day Non- Residential Workshop

£100 deposit secures your place, payable with your booking form.

Please contact Tim for bank details: - [info@zenarts.co.uk](mailto:info@zenarts.co.uk)



# Booking Details

## Booking Details

To secure your place please email the booking form below to: [info@zenarts.co.uk](mailto:info@zenarts.co.uk)

## Booking Form

I would like to reserve a place on the Derby, “Shaolin Cosmos Qigong – Energy Flow for Health and Happiness” and “Developing Skills for Conscious Flow” Workshop on:

11<sup>th</sup> -12<sup>th</sup> August (Yes) and/or 3<sup>rd</sup> – 4<sup>th</sup> November (Yes)

Name.....

Address.....

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Phone(s)..... Email.....

Please indicate briefly your personal and/or professional experience and study as a meditator, Qigong practitioner, energy worker, healthcare practitioner.

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For more information:

Visit: [www.shaolin-training.com](http://www.shaolin-training.com)

Phone:- 07950 365879

Email:- [info@zenarts.co.uk](mailto:info@zenarts.co.uk)

