

CHI FOR LIFE SACRED JOURNEYS 2006



Course 1 **CHI SPHERES OF HEALING** **Saturday 11th March**

Learn a toolkit of practices including meditation in movement, sounds for the internal organs and a Water Cleansing Ceremony to bring in healing revitalizing life energy. Please bring a blanket and cushion.

Course 2 **RETURN TO THE SOURCE** **Saturday 20th May**

This course is for those who want to reconnect to the limitless chi energy flowing within supported by Nature in the Rocky Valley/Tintagel area. We will practise gentle yet powerful movements and principles of Tai-chi and Chi-Kung to rejuvenate and harmonise emotional, physical and mental levels of energy.

Course 3 **TAI-CHI ON THE MOORS** **Saturday 15th July**

The purpose of this course is to explore and expand the timeless Chi quality of life in the ancient setting of standing stones on Bodmin Moor. Tai-chi and Chi-Kung exercises and principles will be practised to harmonise our relationship with ourselves and Nature revitalising everyday life.

Course 4 **HEALING IN NATURE** **Saturday 11th November**

The focus of this course is to return to inner radiant health in the inspiring and powerful environment of Boscastle and Tintagel. We will learn Tai-chi/Chi-Kung ways (including sound) of connecting with the internal organs to release blockage, bring in Chi energy and awaken natural healing abilities. Bring a blanket and cushion.

Course 5 **WEEKLY TAI-CHI ON THE CLIFFS** **Tuesdays 7.30-9pm 10 sessions** **starting 25th April 2006 - £50**

Open to new and existing students we practise 'meditation in movement' on the cliffs. Indoor sessions held at Trevalga Hall, Nr Boscastle if weather is wet.

Practical details:

Places are limited to 12 per group and each course is suitable for complete beginners or those experienced in Chi practice. Indoor sessions are based at Trevalga Hall near Boscastle. You need to bring a blanket/cushion for indoor preparations, packed lunches, outdoor footwear and clothing to allow for walking in changeable weather conditions of sun, wind rain. You may find it useful to bring notebooks or sketchbooks to record insights and information. The most important requisite is to trust being supported by the vast abundance of Nature!

Times: 9.45am for 10am start
and finish 4pm

Course fees: £40 each day course,
£50 for 10 weekly classes

If you require accommodation there is an information booklet with details of local B & B's, hotels, self-catering and camp sites available from:

Camelford Tourist Information Centre
North Cornwall Museum
The Clease, Camelford, Cornwall
Tel: 01840 - 212954

Prior booking essential for all courses:

Tel:01840 770622
Email: jamshire@madasafish.com
www.jeannehampshire.co.uk

One-to-one sessions available
£25 per hour, Chi Healing £35

