

# The Heart of Tai Ji and Meditation



Calm the mind, strengthen the body, nourish the heart *and revitalise your spirit*

**at Mana Retreat, Coromandel**

**April 23, 6pm – April 29, 4 pm, 2010**

## **Ancient wisdom for modern times**

**Tai Ji** is a way of cultivating our true nature – the harmony of body, heart, mind and spirit. An ancient Chinese martial art and moving meditation, the correct practice of Tai Ji over time leads to deep mental and physical relaxation, profound coordination of mind and body, and the liberation of the flow of energy (Qi). Developed over the last 700 years, Tai Ji has stood the test of time and in our high stress world is one of the most direct and easily embodied approaches to bring peace, alertness and creativity to the mind, and health and longevity to the body.

**This retreat** will be of value to both beginners and experienced alike. Participants will learn the physical and psychological principles of Tai Ji, a set of relaxing exercises, a short section of the Tai Ji Form and simple pushing hands (practiced with a partner). Further instruction will be available for experienced students. There will be sitting meditation and exploration of the relationship of Tai Ji to structural alignment and daily body usage. Some time will also be given to the healing power of touch.

**Come join us** for a stimulating, healing weekend or 6 days in the beautiful Coromandel. There will be opportunities to enjoy the mountain and bush walks and the hot pool. The workshop begins with a meal at 6 pm on the Friday night and finishes on Thursday April 29 at 4pm. Weekend-only and daytime participants are also welcome.

**For this special retreat, tuition, food and board are offered by Mana on a donation or dana basis.**

Participants will contribute a daily work exchange as part of the programme.

**Sol Petersen** has been studying and teaching Tai Ji, Qi Gong and meditation for over 25 years. He teaches Yang style in the tradition of Master Huang Sheng Shyan and has extensive experience facilitating groups. He is a movement coach, Structural Integration and Watsu practitioner with training in psychotherapy. Sol brings a warm and humorous quality to his teaching along with a deep and confident knowledge of the Tao of Tai Ji. Sol is co-founder of Mana where he lives and teaches.

**For information contact Sol on 021983055 or 078668971, [sol@theradiantbody.com](mailto:sol@theradiantbody.com)**

**To register, please contact Mana Retreat Centre on 09-8668972, [be@manaretreat.com](mailto:be@manaretreat.com) or register on-line on [www.manaretreat.com](http://www.manaretreat.com)**

