

Events Listing

AUTUMN COURSES IN WALES

On October 14th and 15th I will be teaching "Joints".

A simple title for a complex and important subject. Our joints express our being in subtle ways, they are storehouses of Ki ready to be put into action. But so often they are treated mechanically, like moving parts of a machine instead of vital parts of our Ki system. On the first day of the workshop we will explore ways of treating the joints in general, the kinds of techniques we can choose and how to work subtly with the Ki of the joints. On the second day we will be working on individual joints in various ways. This should be a joyful pooling of our shared experience, we can all contribute.

Cost: £90 Place: Church Hall, Llangrannog, Ceredigion, Wales

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The workshop will run from 10 till 6 on Saturday and 10 till 4 on Sunday with an hour and a half for lunch on Saturday and an hour on Sunday. Llangrannog, Ceredigion, is my home village. It's a beautiful place by the sea; if you haven't been already you will love it! Anybody who is interested, please contact me for more information about booking, transport, accommodation, etc.

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