

Five Element Qigong Course

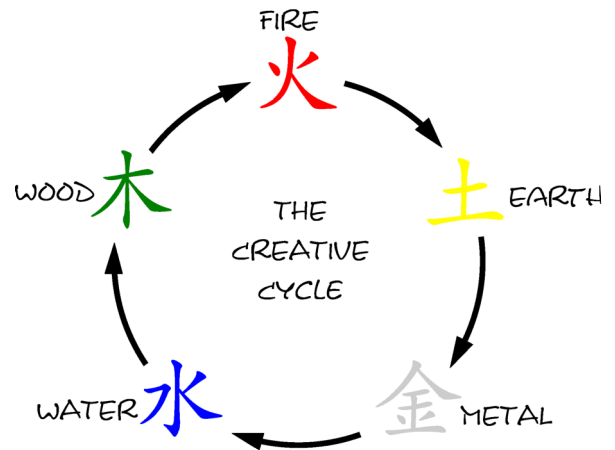
An online course starting

Thursday 3th September 9:30am - 10:30am

Classes will be recorded and available for future reference

In this course we will explore:

- The Five Element Form
- Five Element Standing/Moving Practice
- Meridians
- Organs
- Five Element Theory



The Five Element Form

This is a short sequence that flows as one continuous pattern. It is practised both left and right hand sides taking about 4 mins in total to play through both sides. The practice integrates the slow smooth Taiji-like movements with the Five Element Theory of Traditional Chinese Medicine (TCM).

Five Element Standing & Moving Practice

In this practice, movement is balanced with stillness, we will therefore also practice a standing in stillness set which engages the physical and energy bodies in postures that relate to each Element. Unlike the Five Element Form each Element has static postures and moving postures that can be practised individually.

Meridians

We will also learn about the Meridians and begin to feel where they flow in the body to give a deeper experience to your practice.

Organs

Another part of the practice is to focus our awareness on the organs as we move through the Form (and also in the Standing & Moving practice). We'll clarify where each organ is if you're unsure.

The Yin (Zàng 脏) organs

In traditional Chinese medicine, the role of five Yin organs is to create, transform, and store Qi, blood, and body fluids. The five Yin organs are the lungs, spleen, heart, liver, and kidneys. The pericardium is sometimes considered a sixth yin organ, especially in Qigong as our focus is on balancing and harmonising Yin/Yang.

The Yang (Fǔ 腑) organs

These are considered to be hollow organs which filter and strain impurities from your food, expelling them as body waste. The six Yang organs are stomach, small intestine, large intestine, bladder, gallbladder, and the triple warmer. The triple warmer is not a physical organ but is often viewed as three sections of the torso that house the organs. The upper section for respiration, middle section for digestion, lower section for elimination.

Five Element Theory

This is a vast topic. We will explore some of the aspects of the theory that are relevant to the practice. Five Element Theory views the world as composed of essential qualities which are contained within, and support, all living things. They are named as Fire, Earth, Metal, Water, Wood. This doesn't mean we have lumps of metal or wood floating around inside us as they are not physical things, rather, through our movements, we are balancing these essential qualities into a harmonious whole to enhance our health and well-being. For example, you may know people who are a bit too “firey” (Fire imbalance), or rather “wet” and whimpy (Water imbalance). Of course, there are times when we need to be stronger, more assertive, or softer and more gentle. The practice balances these qualities so that don't rule over us, but they are accessible if/when we need them. Another translation of 'Five Elements' is the Five Phases, which has less implication towards the physical and leans more towards the energetic essence. I keep to the Five Element name as it is much more commonly used.

Course Length

There is no set length for this course, I'm not trying to squeeze it into a time frame, it will take as long as it takes as we follow the speed of the group (expected to be around 18 weeks). As usual the course is divided into 6 week terms. The classes will be recorded so will also be available as an ongoing resource.

Fee: £60 per 6 week term

To reserve your place on this course or to ask any questions about it, please email

info@dragonspringtaiji.co.uk

I look forward to exploring the Five Elements with you.

Alec

*The gift of Wood is to start
The gift of Fire is to relate
The gift of Earth is to sustain
The gift of Metal is to extract
And the gift of Water is the ability to rejoin*

Nora Franglen