[](http://www.google.co.uk/imgres?q=Meditation&hl=en&biw=1440&bih=775&gbv=2&tbm=isch&tbnid=E7aE1QFUFuCB1M:&imgrefurl=http://www.brainharmonycenter.com/meditation-retreats.html&docid=tEsmgA5c-CplvM&imgurl=http://www.brainharmonycenter.com/images/meditation-retreats.jpg&w=400&h=311&ei=nzRjT_KeOcq_0QWis7GVCA&zoom=1)

**[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=VjI-2o0BAuzmBM&tbnid=ltILn3yrvpBedM:&ved=0CAUQjRw&url=http://www.jindaolife.com/&ei=-eIXUaaRL-GQ0AWAnoG4Cg&psig=AFQjCNFIX0KRTN4ys1oo8NsinpE_L6BWMA&ust=1360606048872427)**

**[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=VjI-2o0BAuzmBM&tbnid=ltILn3yrvpBedM:&ved=0CAUQjRw&url=http://www.jindaolife.com/&ei=-eIXUaaRL-GQ0AWAnoG4Cg&psig=AFQjCNFIX0KRTN4ys1oo8NsinpE_L6BWMA&ust=1360606048872427)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=h3PnYU-ixvroSM&tbnid=jAbrtT1YrWz2hM:&ved=0CAUQjRw&url=http://www.andrewcohen.com/2011/12/24/qa-how-do-i-meditate/&ei=GeUXUbiEPcHM0QWN6YGQDA&psig=AFQjCNHLzIDSr8k4Pg5IHbYefxxxCphIqg&ust=1360606598321878)“At the center of your being  
you have the answer;  
You know who you are  
and you know what you want.”  
*Lao Tzu***

**[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=-9xmzYsyvT6qHM&tbnid=NiqPm7QszonCFM:&ved=0CAUQjRw&url=http://www.chinesemedicinesampler.com/QiCul/QiCulQiGong.html&ei=cOIXUbOJKO2Y0QXL-4GICQ&psig=AFQjCNFIX0KRTN4ys1oo8NsinpE_L6BWMA&ust=1360606048872427)Come to a one day workshop to experience the ancient practices of Qigong and Meditation in a beautiful setting in the woods. We will be exploring the power of the breath with gentle, flowing movements and stillness, connecting with our own energy and that of nature.**

**Qigong , derived from the Chinese “qi” and “gong” means working with the life force to develop vitality, strength, and wellbeing. Qigong is also a path to greater self awareness and understanding of our true nature.**

**Meditation has been practiced for thousands of years and can be done by people of all faith traditions. With the practice of meditation the mind settles and a sense of ease, tranquillity and joy arise. This leads to insight and wisdom.**

**Date: SUNDAY, 6th OCTOBER 2013 Where: In the beautiful Yurt at Powdermill Woods, Battle Time: 10.00am - 4.00 pm. Please bring lunch with you to share. Investment: £40.00. For further details and booking please see below…**

**Course leaders: Nick Neter, BSC Hons , MRSS, Dip QT**

** Shiatsu Practitioner and QigongTeacher**

[**handswork@tiscali.co.uk 07773061309**](mailto:handswork@tiscali.co.uk%20%20%20%2007773061309)

**and**

**Yasmin Shah, MSc, MHSc, MEd, Dip QT**

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