

Winter Rejuvenating QiGong & Lucid Light Experience

Abbey House, Glastonbury,
with Special Access to renowned Glastonbury Abbey
Friday 13th - Sun 15th December 2013

QiGong

Training will include:

- Vital Energy/Qi cultivation in the 3 DanTians
- XiaoZhouTian the Little Heaven Circulation
 - Embryonic breathing Skills
- Linking and harmonising with the Michael & Mary Leylines



- Standing & Moving QiGong methods from TienDiRen (Heaven, Earth, Man), BaDuanJin (8 Silk Brocades), YiJinJing (Tendon Muscle Exercises)
- Seated still & guided meditations from BaDuanJin, 18 LuoHan
 - ShaoLin Dhyana (still meditation)

Experience

QiGong with a ShaoLin disciple, the Lucid Light Experience, Glastonbury Abbey, the Michael and Mary Leylines stay in 180 year old Abbey House adjoining Glastonbury's famous Abbey

This Winter Rejuvenation retreat is all about Vital energy cultivation in a highly energetic environment

Retreat Price

£250 twin room
(based on 2 sharing)

£275 single room

What's included?

All training fees

Full board at Abbey House

Lucid Light Experience sessions

Exclusive use of Abbey House Retreat Centre

Special Access to Glastonbury Abbey

The Lucid Light Experience

Controlled by patented software, using a combination of flickering LEDs and constant light to stimulate the brains' alpha waves and produce an optical experience, which is entirely unique to the viewer.

- Quick and sustained deep relaxation
- The feeling of being outside one's body
- Spiritual or transcendental experiences
 - Being beyond time and space
 - Enhanced joy of living
 - "Deceleration"

www.tranquil-retreats.com

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