

TAOIST/QI GONG MEDITATION RETREAT

with Paul Weiss at The Whole Health Center

Thursday evening, March 16, 7:00 pm – Sunday, March 19, 2:00 pm
(Friday evening – Sunday option)

After an intense and unsettling time of change, in a world where we can easily lose our sense of self, we must pause to nourish ourselves at the roots, to care for the body and for the soul, and re-avail and sensitize ourselves to the natural energies around us.

Our theme this year is *Tending the Body-field* – practicing the attitude, the awareness, and the skills that re-establish an intimate and proactive relationship to the health of our bodies and mind-body-energy systems, and that deepen our harmony with the world around us.



Each nourishing day will offer a relaxed but full schedule of learning and practice, providing the cumulative benefit of gentle but sustained qigong movement and meditation exercises, self-massage and other self-care techniques, relaxed down time and nourishing meals – all to help us to take pleasure in, and responsibility for, feeling our best. When we awaken to the dance of energy in our own bodies; when we awaken to clear spacious mind; when we awaken to lightness of heart – these are all doorways into the life of that great spacious being that delights in being us. Relax, practice and heal.

For more information or to register, call us at 288-4128 or email us at info@thewholehealthcenter.org
Full cost for residential retreat with meals: \$255 (\$225 with \$50 deposit by Feb 28.) (or \$215/\$185 for Fri. - Sun.)

Paul Weiss began his Buddhist and Taoist studies in the 1960s. He is a therapist and Director of The Whole Health Center, where he has been running retreats since 1981. His studies of qi gong have taken him on eight extended visits to China, where he was certified to teach by three different schools of qi gong. In 1999 he was named by Master Wan Sujian, Director of the Chinese Taoist Medical Qigong Institute in Beijing, as Director of their affiliate institute in Bar Harbor. Paul has distilled his own path of study and teaching into a cross-cultural and integrative spirituality of conscious loving presence.