

Qigong Class

Walking the Twelve Channels

with Christopher Kiely

9:00-11:00am on the third Friday of every month
starting October 21st
at Open Sky Studio in Bristol

\$25 per class or \$120 for 6 classes



This unique class aims to provide an engaging opportunity for exploring and developing the dynamic and uncanny relationship between the body and the mind. Whether looking to start anew with a meditation or mindfulness practice, or looking to deepen insight and further one's pre-existing practice of inner cultivation, this class will have something for everyone. Meeting only once a month, it is not designed to be the practice itself. Rather it aims only for motivation and bearing, encouragement and guidance, spirit and direction.

Building from a solid foundation in both the practical science of Chinese Medicine and the enigmatic art of Internal Alchemy, this class will take a contemporary look at what it means to be naturally healthy and free in the 21st century without the use of external technologies. Using a novel combination of physical practice, didactic learning and silent meditation, the bottom line will never deviate from balance and integration.

In addition to basic instruction on the Eight Pieces of Brocade (Ba Duan Jin) and Five Animal Frolics (Wu Xin Qi) qigong sequences, this class will also cover the fundamentals of Tai Chi Chuan and sitting meditation. Finally each class will contain a didactic component focused on the Twelve Channels of Chinese Medicine. The "Twelve Channels" are the primary circulatory network of the bodymind continuum in Chinese Medicine and represent the basic energetic anatomy of human being. Each channel has both a spatial and a temporal aspect and will provide a wonderful point of departure for each month's course of study. Twelve channels equals twelve classes equals a full year equals a whole body.

Although clearly grounded in East Asian philosophy and deeply tempered by North American eclecticism, this class is non-denominational and is open to people of all cultural dispositions and spiritual backgrounds. No previous experience is required. Obviously a greater sense of the whole would be imparted from attending all classes consecutively, but this also is not required and drop-ins are always welcome. Practice is as practice does. It does not matter so much which way the practice goes, as long as it goes the way of practice. All sentient life shares the same mind and all organic existence shares the same body. Integrated is who we are.

"Knowledge is only rumor until it is in the muscles."

tribal saying from Papua New Guinea

Please contact Chris at cloudhandy@yahoo.com or 802-349-2725 for more information or to sign up.