



OPENING THE ENERGY GATES OF YOUR BODY QIGONG

with Paul Cavel

Main Hall at Fishergate Primary School
Fishergate | York | YO10 4AP

Release Your Nervous System for Relaxation, Circulation & Vitality

21-23 May 2010

Designed 2,500 years ago, Energy Gates Qigong is the foundation practice for all neigong, including bagua, tai chi and relaxation meditation. This qigong set helps you release tension on the surface and deep in your body. Once you let go and open up, you can apply precise bio-mechanical alignments to increase the circulation of energy throughout your body.

The Energy Gates set consists of Clouds Hands, Three Swings and a unique spinal stretch not found in any other exercise programme. Clouds Hands teaches you how to root your lower body. Eventually, it can teach you how the lower body drives and powers the upper body. Each of the Three Swings work specifically to release your nervous system and energise one of the three tantiens. The spinal stretch releases tension of the vertebrae ligaments and nerves of the spine whilst opening up and connecting your organ base.

This qigong set can have a profound effect on your body, mind and chi, including helping you to:

- Open and release your nervous system
- Expand your core energy
- Dramatically increase your energy levels
- Soften and release deep physical tension
- Balance your emotions
- Become present and maintain concentration for longer periods of time.

Experienced Energy Gates qigong practitioners will focus on upgrading Clouds Hands to include the etheric field work from Dragon and Tiger medical qigong as well as deepening the internal aspects of the Swings. These exercises will primarily increase the co-dependent flows of chi from the core channels (central, left and right) to the etheric field.

Those who are new to Energy Gates qigong will focus on learning Cloud Hands and the unique spinal stretch. Intermediate and Advanced practitioners will apply techniques through all exercises whilst making use of the separate and combine principle.

Schedule

Friday, 21 May: 7-9:30 pm | Saturday, 22 May: 10 am-5:30 pm (2-hr lunch) | Sunday, 23 May: 10 am-5 pm (2-hr lunch)

Early registration savings deadline 29 April 2010

Registration details →

UPCOMING COURSES WITH PAUL CAVEL

14-15 May: Heal Your Back: Regenerate & Strengthen Your Neck & Spine, Westminster, London

27-28 May: Gods Playing in the Clouds Qigong: Balancing the Pulse, Brighton

29-30 May: Bagua Dragon Body, Brighton

5-8 June: Touch the Earth Nature Retreat: Breathing, Neigong & Dragon & Tiger Medical Qigong, Devon

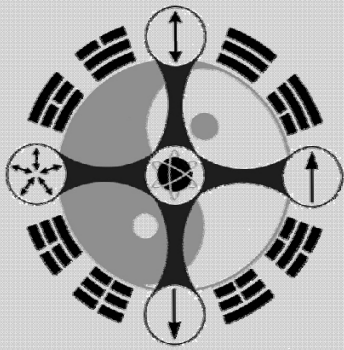
24-26 September : *Balancing Yin & Yang in Qigong, York*

20 Sep-1 Oct: Gods Playing in the Clouds Qigong: Exercise 7 & the Spine, Brighton

2-3 October: Advanced Circle Walking & the Single Palm Change, Brighton

8-9 October: Relaxation Meditation: Become Present, Release Your Nerves & Empty Your Mind, Westminster, London

12 October: Pulsing: Regenerate & Strengthen Your Neck & Spine, Westminster, London



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Paul Cavel
teaches energy
exercises includ-
ing qigong, ba-
gua, tai chi and
relaxation medi-
tation as semi-
nars and retreats

throughout Europe. Paul has practised internal energy arts since 1987 and began teaching full-time in 1996 at the recommendation of his teacher. He aims to bring the real health benefits of the internal energy arts to people who want to achieve incredible health and vibrancy, reduce stress and gain peace of mind. Register and sign up to receive his free monthly health tips at RelaxationMeditation.co.uk.

ENERGY GATES QIGONG: 21-23 MAY | YORK

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COURSE FEES

If £30 non-refundable deposit is paid by 29 April:

£120 (Friday eve, Saturday & Sunday)
£110 (Saturday & Sunday)
£30 (Friday eve)

If paid after 29 April:

£150
£130
£40

Bring a friend and you both save 30%! It must be your friend's first time attending a course with Paul. See website for complete terms.

Save 10% on 2010 seminars for those on Paul's email list. Signup is in the upper right corner at www.RelaxationMeditation.co.uk. To qualify for the discount, your non-refundable deposit must be received by the deadline. Your name/address will be checked and verified at registration.

PAYMENT

1) Pay £30 non-refundable deposit by 29 April for low course fee and pay the balance in cash at the door. **OR** 2) Pay total balance due now.

Deposit Total Amount Due Amount Enclosed/Paid: £ _____

Method

Cheque enclosed (pounds sterling) payable to "Internal Energy Arts"

Paid via PayPal under email address _____
(please add 4% to cover fees and send to chi@relaxationmeditation.co.uk)

Paid via bank wire (must be sent in pounds sterling); sent on _____

Participant Name _____
Please Print

Address _____

Primary Telephone _____

Email Address _____

Deposits, Cancellation & Refunds

There are no refunds on deposits. If for any reason you must cancel your registration *at least one week prior* to the course, there is no charge (beyond the £30 deposit) for transferring funds to another seminar.

Signature _____

Date _____

Post this form & your payment to:

Internal Energy Arts, PO Box 61682, London, SE9 9BH