



BALANCING & INTEGRATING YIN & YANG IN QIGONG

with Paul Cavel

24-26 September 2010

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

Achieving the real health benefits of qigong requires that both yin and yang aspects are present and in harmony with each other. The yang methods open up your structure and core (ligaments, skeleton and organ base). The yin methods melt the nervous system and muscles.

Whilst it is true that qigong is about developing chi and that softness is a major goal of energy practices, unless the core structure of the body is open, there is a limit to the depth of the internal work and the corresponding benefits from practise. Many people either focus on opening up the body or developing softness; either on the physical form or the chi. Yet both are required for balancing your body and developing life-long health and vitality.

This weekend seminar will clearly teach how to embody both ends of the spectrum, first individually, and then blending them together to create a connected, balanced and integrated system. We will work on the four fundamental layers within qigong:

- Physical tissue
- Fluids
- Nerves
- Chi

Applying these four layers simultaneously creates a powerful synergy for developing your body, chi and mind. It is the beauty of the neigong system: continuously evolving and deepening your practice whilst retaining the same form motions.

Paul will teach these techniques using the modalities of standing, sitting, lying down and moving, practices. Circling hands will be the main vehicle for embodying this work. However, Paul will provide instruction and guidance for those who would like to carry this material into their other practices. He will also provide information about clinical applications and keeping yourself healthy as a healthcare professional, bodyworker, etc.

Continuing Professional Development (CDP) Certificates are available on request.

Schedule

Friday 7-9:30 pm | Saturday 10 am-5:30 pm (2-hr lunch) | Sunday 10 am-5 pm (2-hr lunch)

Early registration savings deadline 27 August 2010

Registration details →

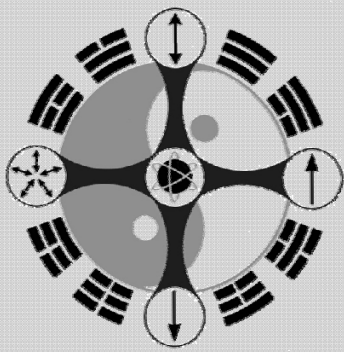
AUTUMN COURSES WITH PAUL CAVEL

30 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 Cavell
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.

BALANCING YIN & YANG: 24-26 SEPTEMBER | YORK

SCHEDULE (please check all days you will attend)

- Friday, 24 September: 7-9:30 pm
- Saturday, 25 September: 10 am-5:30 pm (two-hour lunch)
- Sunday, 26 September: 10 am-5 pm (two-hour lunch)

COURSE FEES

If £30 non-refundable deposit is paid by 27 August:

£120 (Friday eve, Saturday & Sunday)

£110 (Saturday & Sunday)

£30 (Friday eve)

If paid after 27 August:

£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 27 August 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