

2010 RelaxationMeditation.co.uk

Free Your Life-force Energy

Happy New Year!

On the back side of this sheet you'll find my 2010 schedule with all the usual stops and a few new cities, including London, Köln and Berlin. My new website, www.RelaxationMeditation.co.uk, has complete course descriptions along with supporting blogs and training tips.

Why Relaxation Meditation? First and foremost, there's a lot of material that sits between classic qigong and classic meditation. I'm not qualified to teach Taoist meditation. However, I am qualified and capable of teaching the overlapping material intrinsic to both qigong and meditation with my teacher's consent.

There are several threads within this qigong-meditation overlap:

- Obliterating stress
- Deeply releasing the nervous system
- Training the monkey mind
- Focusing the intent without strain
- Becoming quiet and present
- Putting the mind into any nook and cranny of the body at will.

All of these threads run through qigong and meditation, so I group them under the heading of "relaxation meditation." This lets people know what to expect and how they might benefit from my courses. It also helps them to find me online because several thousand people search this term online each week.

I can't think of anything better to do with my time than share the authentic teachings of the internal energy arts with people who are looking for a little peace of mind and ways to become healthier. Who couldn't do with more vitality and wellness?

Whether your interest lies in qigong for health, meditation for spiritual development or some of both, relaxation meditation is critically important. It will enhance your qigong practice and prepare you for the highest levels of Taoist meditation (or any other tradition). Releasing your nerves and focusing for very long periods without gaps will help you to excel at anything you do, and it's essential if you truly aspire to any level of spiritual awakening.

I've spent more than two decades practising and teaching the internal energy arts. In recent years, as I've integrated many principles of relaxation medi-

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Bring a friend & you both receive 30% off seminar course fee (first-time friends only)*

10% OFF SEMINARS

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(2 Easy Steps: 1. Sign up in the upper right-hand corner
2. Click the link in the email that immediately follows)*

*Deposit must be received by the deadline to qualify. See the Seminars webpage for complete terms.

tation in my body, the depth of my practice has proliferated in ways I never could have imagined. I look forward to sharing with you more of the fundamentals that I personally have been training—especially with the long-term practitioners who are ready to take the next quantum leap.

Touch the Earth Nature Retreats. My nature retreats are designed to help you deeply connect with the planet and its energy. When I lived outdoors for three years, I found that my chi—and my practice in general—grew tremendously as my body adjusted to the powerful natural energies for which I was totally immersed. So, here I am offering teachings to help you develop your sensitivity and ability to absorb environmental energies.

Connecting with nature and opening to the support of our planet is on offer...we only need to tune in and catch the flow.

My first Touch the Earth Nature Retreat is scheduled for 5-8 June in Devon, England. We'll camp out, relax and practise. I'll teach an informal class twice a day and we've got some other activities lined up to keep it interesting. Please check my website for complete details and the discounted fee for those who sign up by 5 April.

Please make a note of my new email address, chi@relaxationmeditation.co.uk, and my website, RelaxationMeditation.co.uk. You can always call us if you don't frequent cyberspace (we mail course descriptions on request).

Keep practising,


Paul Cavel

2010 with Paul Cavel

RETREATS			
GREECE	24-30 APRIL CRETE	CIRCLES & SPHERES: CREATING CENTRAL EQUILIBRIUM IN QIGONG, BAGUA & TAI CHI	
ENGLAND	5-8 JUNE DEVON	TOUCH THE EARTH NATURE RETREAT: RELEASE STRESS & ENERGISE YOUR BODY, MIND & SPIRIT	
FRANCE	15-20 AUGUST CUBJAC, DORDOGNE	THE VITALITY SERIES: RELEASE YOUR NERVOUS SYSTEM FOR RELAXATION & OPTIMISING CARDIOVASCULAR HEALTH	
	22-27 AUGUST CUBJAC, DORDOGNE	CIRCLES, SPHERES & SPIRALS IN QIGONG: DEEPENING YOUR INTERNALS BY UNIFYING THE KWA & YAO	
SEMINARS			
ENGLAND	21-22 JANUARY BRIGHTON	GODS PLAYING IN THE CLOUDS QIGONG: BALANCING THE 5 BOWS	
	23-24 JANUARY BRIGHTON	CIRCLE WALKING TO RELEASE YOUR NERVOUS SYSTEM	
GERMANY	6-7 FEBRUARY STUTTART	BALANCING & INTEGRATING YIN & YANG IN QIGONG	
	13-14 FEBRUARY NEU-ULM	INTEGRATING WATER & FIRE IN BAGUA: 1ST & 5TH PALM CHANGES	
	5 MARCH KÖLN	RELAXATION MEDITATION: REVEALING THE HEART OF INTERNAL ENERGY ARTS (INTRO)	
	6-7 MARCH KÖLN	RELAXATION MEDITATION: REVEALING THE HEART OF INTERNAL ENERGY ARTS	
	12 MARCH BERLIN	RELAXATION MEDITATION: BECOME PRESENT, RELEASE YOUR NERVES & EMPTY YOUR MIND (INTRO)	
	13-14 MARCH BERLIN	RELAXATION MEDITATION: BECOME PRESENT, RELEASE YOUR NERVES & EMPTY YOUR MIND	
	14-15 MAY LONDON	HEAL YOUR BACK: REGENERATE & STRENGTHEN YOUR NECK & SPINE	
ENGLAND	21-23 MAY YORK	OPENING THE ENERGY GATES OF YOUR BODY QIGONG: RELEASE YOUR NERVOUS SYSTEM FOR RELAXATION, CIRCULATION & VITALITY	
	27-28 MAY BRIGHTON	GODS PLAYING IN THE CLOUDS QIGONG: BALANCING THE PULSE	
	29-30 MAY BRIGHTON	BAGUA DRAGON BODY: TWISTING, COILING & SPIRALING	
	24-26 SEPTEMBER YORK	BALANCING & INTEGRATING YIN & YANG IN QIGONG	
	30 SEPT-1 OCT BRIGHTON	GODS PLAYING IN THE CLOUDS QIGONG: EXERCISE 7 & THE SPINE	
	2-3 OCTOBER BRIGHTON	ADVANCED CIRCLE WALKING & THE SINGLE PALM CHANGE	
	8-9 OCTOBER LONDON	RELAXATION MEDITATION: BECOME PRESENT, RELEASE YOUR NERVES & EMPTY YOUR MIND	
	12 OCTOBER LONDON	PULSING: REGENERATE & STRENGTHEN YOUR BACK, NECK & SPINE	
	GERMANY	15 OCTOBER KÖLN	RELAXATION MEDITATION: SUPERCHARGE YOUR CHI FOR REAL HEALTH BENEFITS (INTRO)
		16-17 OCTOBER KÖLN	RELAXATION MEDITATION: SUPERCHARGE YOUR CHI FOR REAL HEALTH BENEFITS
23-24 OCTOBER STUTTART		RELAXATION MEDITATION: BECOME PRESENT, RELEASE YOUR NERVES & EMPTY YOUR MIND	

**NATURE
RETREAT
WEEKLONG
RETREAT
WEEKEND
EVENING(S)**