

Touching Simplicity

a day of dao yin and meditation with Shi Jing



Dao yin is an integral part of the ancient Daoist cultivation called *yang sheng* (nourishing life), which also includes meditation, and diet. We will be learning a set of seated dao yin exercises involving self-massage and simple postures. Cultivation of dao yin comes to fruition in meditation. This is expressed in the meditation posture which is stable, aligned and relaxed, allowing the qi to follow its natural pattern. Guidance will be given to participants to help establish a suitable sitting posture. Shi Jing will also give talks on the Daoist view to help shape our approach to this cultivation.

Shi Jing is an English *daoshi* (Daoist adept) with over thirty years experience of cultivation. He first studied the Dao in the seventies with Giafu Feng, a Chinese Daoist well known for his translation of the Daode jing. Later he travelled to China and in 1995 he became the disciple of Feng Xingzhao, who initiated him as a 3rd generation *daoshi* of the Dragon Gate tradition.

DATES

22 JANUARY

4 MARCH

TIME

10.30 am - 4.30 pm

COST

£25 BTA members

£30 non-members

VENUE

EVOLVE WELLNESS CENTRE

10 KENDRICK MEWS

SOUTH KENSINGTON

LONDON SW7 3HG

Please bring meditation cushion
and blanket/mat.

Lunch not provided