



THE MAGIC TOUCH WELL-BEING WEEKEND RETREAT

Friday 12th March 2010 - Sunday 14th March 2010

This weekend retreat offers the benefit of getting away from the stresses and strains of everyday life by providing a space in which to return to sense of calm and spirituality. The retreat is held in a peaceful location in Glastonbury, which is within walking distance of Glastonbury's historical town centre with its ancient churches, and Abbeys. The shops in the town are a haven for those interested in holistic and pagan pursuits.

This Retreat has been carefully constructed to enable participants to experience a state of spirituality and self-calm. Also included is a workshop, which will explore the Spiritual cosmic connections of the Goddess, which we all encompass within our physiological and spiritual selves. The programme for the retreat includes stress-busting exercises, Tai Chi and meditation. The aim is to ensure all participants will leave the retreat in a state of profound bliss and with the tools for their future personal development, which they learn during the weekend.

Groups will be accommodated in the Pilgrims B&B in Norbins Road, five minutes walk to the venue where the retreat will be conducted. Most rooms are en-suite and have their own shower and all have tea/coffee making facilities.

Guest lounge with open fireplace, TV, Library

WEEKEND INCLUDES

- *Accommodation for two Nights;
- *Vegetarian and Traditional Breakfast – all diets catered for;
- *Buffet lunch each day during the retreat;
- *Indian head massage demonstration and group practice;
- *Tai Chi sessions;
- *Meditation sessions including, silent guided and loving kindness (Buddhist meditation);
- *Goddess workshop - (Spiritual cosmic connections of the Goddesses);
- * Visit to Chalice Well and meditation in the Chalice Well Gardens.

Times: Friday 4.30 PM to Sunday 4.30 PM

Cost: £ 195.00 (+£ 10.00 for single room) (Limited spaces available, book early to reserve your space)

Bookings: The Magic Touch, Unit 5, Wharfside

And Fenny Stratford, Milton Keynes, MK2 2AZ

Information. Tel. 01908 648489. E-mail karl@mtouch.co.uk

Meditation

A brief outline of what meditation is and the better known forms.

In considering what meditation is it is perhaps worth considering what meditation is not.

Meditation is not about control, achieving states of bliss or euphoria. It is not about escaping from the mind or body.

Meditation is about being still, even in walking meditation!

In meditation many methods are available to get started and once some clarity in sitting is found these methods or tricks can be let go of or put aside, and the practice of meditation can grow to become a wonderful opportunity to find clarity of being, clarity of mind and body.

Meditation can be practiced in various ways. It is up to the individual how he/she can reach a state of calmness. There are different forms of practice e.g. focusing on an object such as a flower, a crystal or a flame; maintaining awareness of the breath, as you breathe in and out. There is also walking meditation in which one remains mindful of each step.

Indian Head Massage

Indian Head Massage is a traditional Indian technique of treating the upper body, neck, shoulders, face and scalp. Indian Head Massage has been practiced for over thousands of years and springs from a rich tradition of family grooming. Indian Head Massage works on both a physical level and the techniques used represents a de-stressing programme for the whole body. By massaging the head and shoulders, energies will become re-balanced and a general feeling of relaxation will be achieved for the whole body. It also improves blood flow in the head and neck, which increases the distribution of nutrients to encourage healing within the body.

Indian Head massage can help to relieve eyestrain and headaches, improve concentration, relieve physical and mental fatigue, improve joint mobility, and relieve stress and muscular tension. As well as a relaxation experience, it can also be an invigorating and refreshing experience.

Tai Chi

What is Tai Chi?

Many people associate Tai Chi (pronounced tie gee) with the typical image of a large group of people in a park moving slowly in unison through a series of "dance like" movements. The slow and fluid movements of Tai Chi require concentration, co-ordination and balance.

This combination of mental and physical activity works to harmonise the mind, body and spirit and promotes feelings of well being.

This makes Tai Chi an excellent choice for people who are bored by the repetitive nature of many other exercise systems. There are however different types of Tai Chi exercises, which are used and practiced to gain different results.

On this Retreat you will be practicing the movements of Gong, which is part of Traditional Chinese Medicine and is used as a preventative measure as well as a remedy for specific conditions.

Qi Gong (pronounced chee gung) and sometimes spelt Chi Kung comes from the words Qi = "energy" and Gong = "cultivation" or "work". At its simplest, the aim of Qi Gong is to promote personal energy for self-healing and well-being. Tai Chi may also be practised as a form of Chi Gong.

Traditional Chinese Medicine is based on the premise that there is a bio energy system in the body. The bio energy or Qi gets carried round the body in energy channels called meridians - a bit like the way the veins carry blood around the body. Qi Gong also connects the personal energy system with the Universal source of Qi.

Unlike Tai Chi some exercises are done at different speeds and there is an element of repetition as you perform each of the exercises to the right and then to the left.

What's the difference between Tai Chi and Qi Gong?

Qi Gong is a health exercise based on Traditional Chinese Medicine theory. Its prime focus is to heal and promote health and long life.

On the other hand, Tai Chi and Tai Chi Chuan or t'aijiquan origins are as a fighting system and its moves were originally designed to maim and kill.

The other difference is how the exercises are put together.

Tai Chi is practised in forms - sequences of moves of varying lengths. Qi Gong has sequences of moves called patterns or sets. A pattern can range from 4 exercises to 20 exercises. And you can vary these depending on how you are feeling - if you have a sore arm you can skip the arm exercises and move on. Qi Gong offers a lot of flexibility to design a pattern that suits your life style.

Time Table:

Friday:

16.30 - **Arrival**

17.00 - Welcome and Introductions

17.30 - Meditation

18.00 - **Finish**

Saturday:

0700 - Tai Chi / Private Meditation

0800 - **Breakfast**

09.30 - Meditation - **Nina De Lisser**

10.00 - Discussion

10.30 - **Break**

11.00 - Therapies (*exchange of therapies*; tarot reading, Reiki, Indian Head massage. etc)

13.00 - **Lunch**

14.30 - Presentation and workshop (Denise Bottley)

16.30 - **Break**

17.00 - Meditation (Denise Bottley)

17.30 - Discussion

18.00 - **End of day**

Sunday:

07.00 – Tai Chi / Private Meditation

08.00 - ***Breakfast***

09.30 – **Visit to Chalice Well (personal meditation)**

13.00 - **Lunch**

14.30 - Discussion

15.00 – Relaxation exercise (Stress Relief)

15.30 – ***Break***

16.00 – Evaluation of Retreat

16.30 – **End of Retreat** (closing prayer)



THE MAGIC TOUCH

WELL-BEING WEEKEND RETREAT

Glastonbury

BOOKING FORM

NAME	
ADDRESS	
	Post Code
Telephone No.	
Mobile No.	
Email	
Website	
Dates of weekend retreat	12th to 14th March, 2010 (inclusive)
Do you Require a single or double room (Single occupancy + £10.00 per night)	
Do you mind sharing a room	
Do you have any food allergies	
How do you intend getting to the venue	
Deposit/Full amount	
Balance due	
Signature & Date (Please sign and date this form and send it to the address below with your deposit). Payments can be made by cheque, credit card or cash. Thank you.	
Notes: A 50% deposit secures your booking (which is non-refundable) – balance must be paid four weeks before 12th March 2010. Failure to do so will invalidate your booking.	

Leroy de Lisser IAIM. MICHT

Complementary Health Clinic

5, Wharfside, Fenny Stratford
Milton Keynes, Bucks MK2 2AZ
Tel: 01908 648 489 Fax: 01908 648 491