



## **THE MAGIC TOUCH**

### **WELL-BEING WEEKEND RETREAT**

**Friday 7<sup>th</sup> May 2010 – Sunday 9<sup>th</sup> May 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. The programme for the retreat includes stress-busting exercises, Tai Chi and meditation and an Introduction to Chinese Face reading and Face Reading workshop. 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;
- \*Introduction to Chinese Face reading
- \*Tai Chi sessions;
- \*Meditation sessions including, silent guided and loving kindness (Buddhist meditation);
- \* Visit to Chalice Well and meditation in the Chalice Well Gardens.

**Times: Friday 4.30 PM to Sunday 4.30 PM**

Cost: £ 210.00 (+£ 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](mailto: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 thousands of years and springs from a rich tradition of family grooming

Indian Head Massage works on both a physical and mental 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.

## **Chinese Face Reading**

### ***What is face reading?***

Face reading is a non-invasive diagnostic tool, which has been part of the toolkit of oriental practitioners for many years.

Our face is a combination of our inheritance, our lifestyle, health and fortune. Each face is a map of the past, present and future.

Inappropriate diet, persistent emotions, drugs, toxins from foods and stress all contribute the lines, congestion and colours in the face. By examining the Face Zones, face reading can help you to review your health and how you are caring for yourself, and what needs attention in your diet and lifestyle, the best way to detox and lose weight and a plan for gaining more energy. There are many reasons why it is sometimes difficult to lose weight. One is that we eat inappropriately and "lie to ourselves" about what we eat. Others are blood sugar regulation, food tolerances, hormones, vitality and toxins. All our faces are compositions of features, which reveal inner aspects of our character, gifts, challenges and potential. Face reading is a fascinating tool for understanding ourselves and our relationships with others at home and work.

Face reading cannot make predictions but can foresee the future trends of health and personality. Chinese doctors believe that by changing our face through cosmetic surgery we can affect our energy at life points of the face and this can affect our energy and fortune during that year, sometimes for good. For instance, sometimes nose jobs can create a nose that is too short for the face and exposes the nostrils and throws the face out of balance. Because the end of the nose relates to a fiftieth year of a persons life, it can affect one's destiny at that time.

### ***What can face reading do for you?***

- Determine the appropriate diet and nutritional balance for weight loss and blood sugar regulation
- Find the underlying causes of skin problems
- Uncover the reasons for lack of vitality
- Determine where you have toxicity and how to clear this
- Improve fertility by dealing with imbalances as shown on the face
- Identify hormone imbalances and improve digestion
- Help with stress and improve metabolic imbalances (for instance, adrenalin makers)
- Psychological profiling.

Face reading is an art that has been widely practiced by Oriental Practitioners. Part of their visual diagnosis that they used was to look at the discolorations, spots, blemishes, puffiness or dryness of the skin on the face. Each part of the face reveals the current health of the major internal organs and forms part of the diagnostic procedure.

## **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 - Introduction to Indian Head Massage :Therapies (*exchange of therapies*; tarot reading, Reiki, Indian Head massage. etc)

13.00 - **Lunch**

14.30 - Introduction to Chinese Face Reading

Presentation and workshop

16.30 - **Break**

17.00 - Chinese Face Reading workshop.

17.30 - Discussion/meditation

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)



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**WELL-BEING WEEKEND RETREAT**

**Glastonbury**

**BOOKING FORM**

<b>NAME</b>	
<b>ADDRESS</b>	
Telephone No.	Post Code
Mobile No.	
Email	
Website	
Dates of weekend retreat	<b>Friday 7<sup>th</sup> May 2010 to Sunday 9<sup>th</sup> May 2010 (Inclusive)</b>
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	
<b>Deposit/Full amount</b>	
<b>Balance due</b>	
<b>Signature &amp; Date</b> (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.	
<b>Notes: A 50% deposit secures your booking (which is non-refundable) – balance must be paid four weeks before 12<sup>th</sup> March 2010. Failure to do so will invalidate your booking.</b>	

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