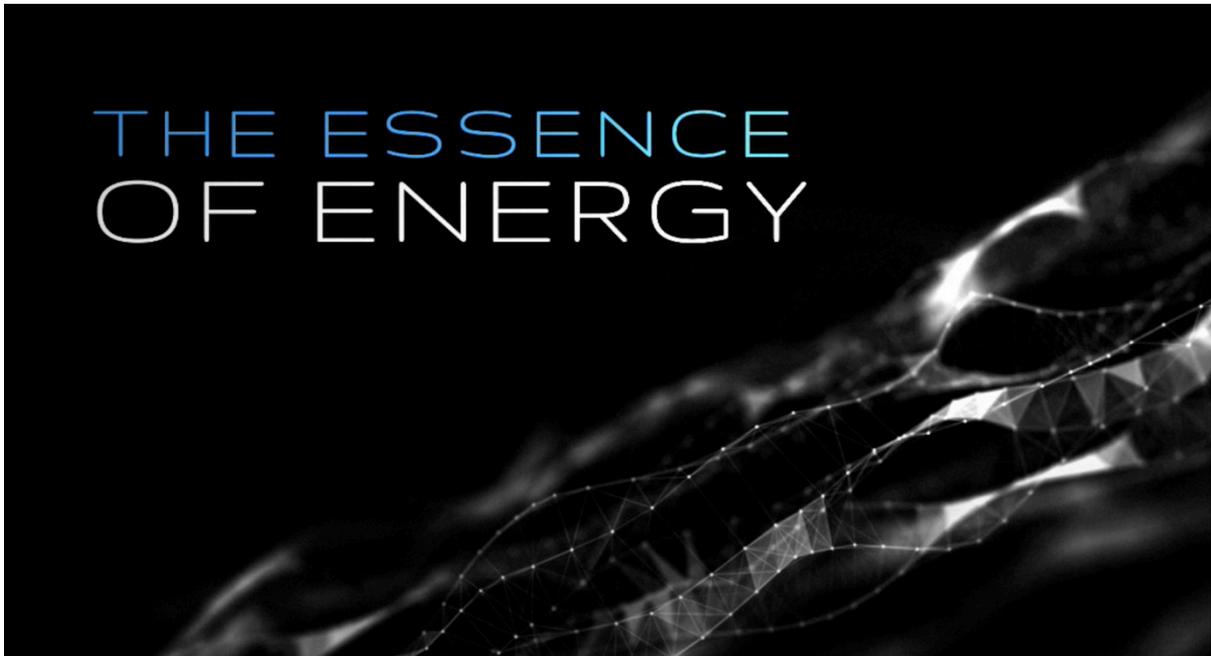


WORKSHOP 11. THE ESSENCE OF ENERGY



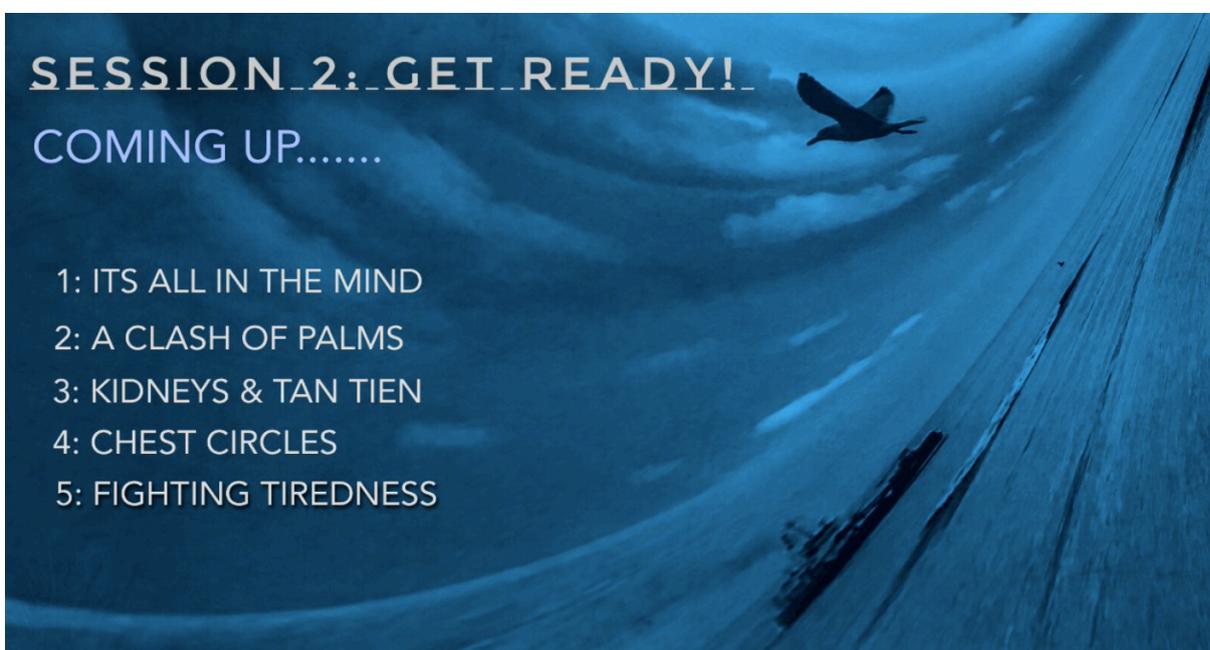
In this very special session we are going to focus on energy - putting aside for one moment the details and mechanics of the Tai Chi Form, concentrating instead on the stand-alone exercises that ground us, root us, slow us down, that stimulate the movement of energy and bolster the defensive systems within the body.

So how is this workshop going to play on out?

In Section 1 we start with an overall background to energy exercises, including history, definitions, tips and tricks.



In section 2 we first look at the general rules for practising energy exercises and look at a number of the preparation practices. Then we move on to body massage work, focusing on hands, kidneys, lower abdomen, chest, eyes and head.



In section 3.

We begin to recap the Energy Exercises by revisiting all the breathing exercises we have learnt on the course. And we add a special new exercise to the series guaranteed to gets your qi buzzing. Finally in this section we look at the concluding moves to wrap up your energy exercise practice session.



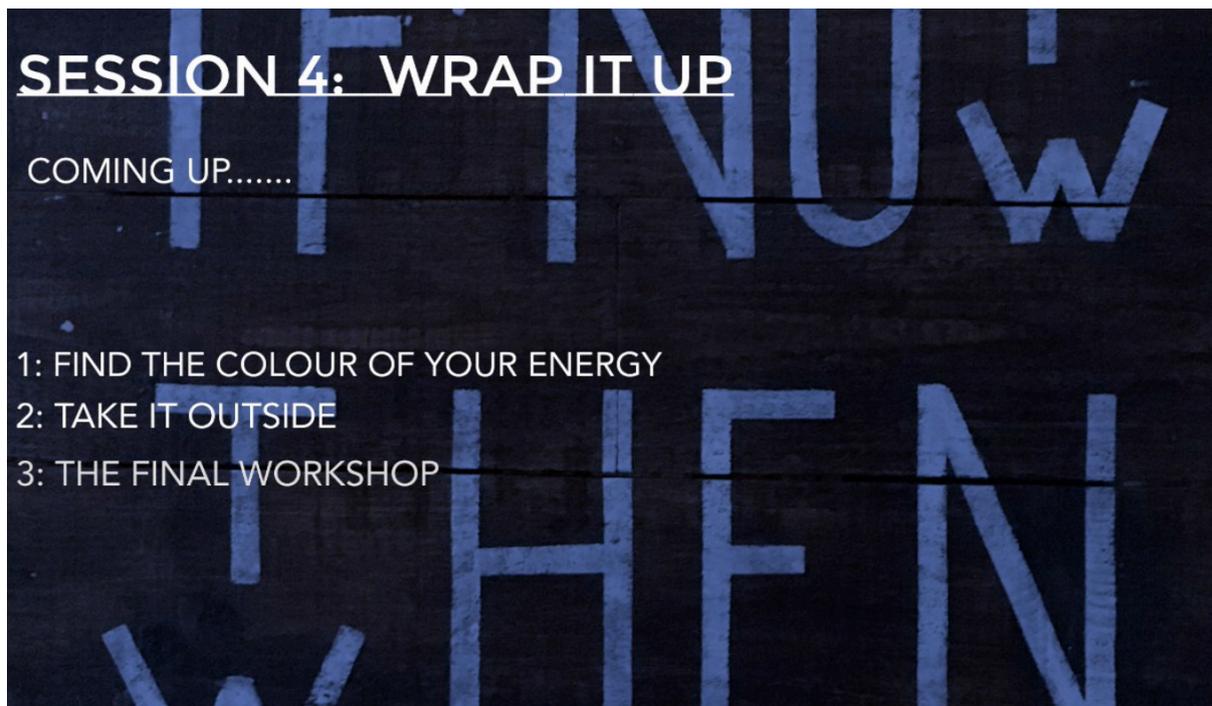
QUESTIONNAIRE

There is so much in this month's workshop that I have broken up the sections with a questionnaire. As we are approaching he

final workshop I thought I'd fish for a little feedback - and so if you would be so kind, fill out the survey included in this session before moving onto the final section:

Section 4

Finally, in this electrifying episode, We look at **contexts**, specifically the **colours** and sensations of qi. We also take a brief look at **applied qi gong** and see how it can help us move away from the meditation chambers, away from the incense filled halls and soft candle lit rooms - out on the streets where "hell broth boil and bubble, toil and trouble"



Then for the final time, we conclude the workshop with a sneak

preview of what is coming up next - the final session that focuses on the Tai Chi Form - adding the final 3 Corners to our last move and seeing how we can adapt the Tai Chi form to suit our daily requirements.

EXTRA LINKS AND CREDITS

Colours

More on colours

https://en.wikipedia.org/wiki/Color_in_Chinese_culture

<http://www.incredibleart.org/lessons/middle/color2.htm>

<http://www.arttherapyblog.com/resources/color-meanings-symbolism-charts/#.WCSr2qOcZE4>

CHI RUNNING

<https://en.wikipedia.org/wiki/ChiRunning>

Quote in Video 4.1

Don't tell me the sky's the limit when there are footprints on the moon. Paul Brandt

Purple Rain (Damien Escobar Violin Cover) <https://youtu.be/JAk1ncD5RmY>

[Damien Escobar](#) on Youtube