

Join master teacher Solala Towler for a day of exploration into the world of the Taoist arts.



Gong Fu Tea Ceremony (*pin ming lun dao*)

We will be sampling some special teas and taking part in a ceremony designed to open your heart and hara. By tuning into the sacred plant medicine we will experience an opening to higher spiritual and psychic planes. Through deep meditation we will allow ourselves to drop down into deep layers of being. We will explore the idea of living our life with Tea Mind and share some of the ancient stories of the Way of Tea from both Taoist and Zen traditions.

Qigong

We will be learning two short and powerful qigong forms from the Taoist sacred mountain of Wudang: Great Spiraling Dragon Qigong. In this form we will be drawing yang qi from the sun and yin qi from the earth and spiraling that energy into our whole body. This is a wonderful practice for inviting great energy into our being throughout the year!

Taoist Philosophy

We will also work with the ancient work of Lao Tzu's Tao Te Ching using Solala's new book, *Practicing the Tao Te Ching: 81 Steps On The Way* (published by Sounds True). In this version of the ancient spiritual work, Solala presents Lao Tzu's work as a manual for self-cultivation, offering a specific practice (qigong, meditation etc.) for each of the 81 chapters of Lao Tzu's book, many of which are taken directly from the text as well as from other Taoist sources. This will be an opportunity to delve into some of the chapters of this famous work from a Taoist viewpoint and to do some of the practices it reveals.

Sound Healing — Riding the Sacred Sound Current

By utilizing the power of Taoist breathwork, meditation and group chant we will enter the world of Sound Healing. Combining movement with sound and visualization we will raise and circulate qi (chi) in our bodies, psyches and spirit. By working with the Taoist five healing tones we will tonify and balance our five major organ systems. We will also be working with Harmonic Overtone Singing. Group chanting will bring us to a place of joy and oneness. Experience the power of Sacred Sound to open and balance meridians, energy centers, and the inner landscape of the body/spirit.

Solala has been teaching qigong and Taoist meditation for over 28 years and has been publishing *The Empty Vessel: The Journal of Taoist Philosophy and Practice* since 1993. He has had 12 books published on the Taoist arts, including *Practicing the Tao Te Ching: 81 Steps on the Way* (Sounds True). He is a founding board member and past president of the National Qigong Association. He also leads tours to China to study qigong and meditation in the sacred Taoist mountains of Wudang Shan. www.abodetao.com.

Saturday, October 21, 2017

10:00 to 5:00

\$100

**The Community Room
Unitarian Universalist Congregation of Monmouth County
1475 West Front Street Lincroft, NJ**

Register online at www.qigongforgoodhealth.org

**Questions? please email
Maxine Forster Guenther at qigongomi5@gmail.com**