



# Qi Gong, Meditation & Making a Bamboo Flute Weekend Retreat

Waimana at Mana, Coromandel

September 18-20, 2009

with Sol Petersen and Kelvin Falconer

**Come and be nourished by this unique opportunity to practice ancient Taoist healing practices in the beauty and stillness of Mana and learn how to create and play your very own Shakuhachi flute.**

**The Shakuhachi** is a beautiful Japanese bamboo flute that produces an eerie and evocative sound often associated with Zen meditation. Kelvin Falconer is a musician, meditator and Shakuhachi flute maker and player who owns a gallery near Kati Kati. He uses the flute as a tool for meditation, as well as for the lovely sounds it produces, two of the benefits he will pass on to those who attend the workshop.

**Qi Gong** is a Taoist form of meditation and self-healing movements designed to circulate the Qi or energy, unblocking restricted areas and bringing health, happiness and longevity. We do not drink water from a stagnant stream, and our body also requires healing movement to revitalize the tissues, bones, organs, breath, heart and mind. Sol Petersen has been practicing and sharing Qi Gong, Tai Ji and meditation for many years, and has led retreats at Mana and internationally for over 20 years. The workshop will offer you a set of tools to reduce stress, create healthy habits, have fun and recharge your energy body through inner alchemy.

. **The retreat** will start with a meal at 6:30 PM on Friday evening and finish on Sunday by 4 PM. Imagine playing the flute you created in the magic of Tara sanctuary. Join us for a wonderful weekend.

**Cost** for delicious organic vegetarian meals, room and board, bedding and towels at Waimana is \$180

**Tuition** includes all instructions, materials and tools for flute making. Tuition is by dana (donation)

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