



The Three Monkeys
School of Qigong

Zhineng Qigong Stillness Retreat



Thursday 10th to Monday 14th March 2016

St Cuthman's,
Cowfold Road,
Coolham,
West Sussex
RH13 8QL

What's on Offer?

Stillness is at the core of the practice of Qigong but the busyness of modern life can make it hard to find.

This 5-day, full board retreat on the edge of the South Downs in Sussex offers the opportunity to quieten, relax and explore the power of stillness.

Who's this Retreat for?

This is a perfect opportunity to immerse yourself in the powerful practice of Zhineng Qigong. The focus of the 5 days is on developing stillness within both personal practice and everyday life.

Although previous experience of Zhineng Qigong will help you get the most out of the stillness retreat it is not a requirement and there will be plenty of opportunities to explore the details of the form and become more familiar with Lift Qi Up Pour Qi Down, Three Centres Merge and a range of other practices.

What's the Plan?

Using talks, discussions and shared practice, we will explore the theories and potential of Zhineng Qigong in the morning sessions.

The afternoon sessions will be focus on enhancing the physical forms in small groups and we will join together for shared practice before breakfast and after supper.

Long breaks will provide the opportunity to walk by the lake, spend time in quiet reflection or relax in the comfortable accommodation at this beautiful venue.

The Venue

St Cuthman's is a Retreat and Meeting Centre run by the Catholic Diocese of Arundel and Brighton. The house is set within 25 acres of fields and woodland with easy access to the South Downs and historic Sussex Countryside.



To find out more visit: www.stcuthmans.org

Pricing and Booking

Prices include food and shared accommodation.
(Please specify dietary requirement on booking)

Stillness Retreat (Incl. full board)	£550
Single Room Supplement	+ £45

Enquiries and Bookings via
teachers@3monkeysqigong.co.uk

All bookings are subject to the Terms and Conditions for
Booking, Deposits and Cancellation.