

# Insight Meditation & Qigong Retreat

## With Shifu Andy James

**Insight Meditation** (Vipassana) is the foundation of Buddhist meditation practices. Simple, yet profound and powerful, it helps build awareness in each moment so you can begin to understand and free yourself from restrictive patterns, whether mental, emotional and physical. Ongoing practice leads not only to compassion and open-heartedness, but clarity and wisdom. Andy also uses active self-inquiry meditations to tackle specific conflicts.

**Qigong** techniques will be specially selected by Shifu James to enhance cleansing, opening and grounding during the retreat. Qigong regulates body, energy (Qi) and mind. It has been used in Traditional Chinese Medicine (TCM), internal martial arts and spiritual transformation.

**Harmony Dawn Retreat** will host the retreat. It is custom-built for transformative work. Using Feng Shui and the latest sustainable energy technologies, it is nestled in the Northumberland hills, a short walk through the forest to Rice Lake. Meals are not only famously delicious, but carefully chosen and balanced.

### Please note

Those enrolled in the Three Treasures Qigong Personal Mastery Program  
Receive 16 hours credit from this retreat.

**Weekend – May 16-18, 2008 \$325 (+ 6% GST)**  
**Whole week – May 16-23, 2008 \$875 (+ 6% GST)**  
**Pay by February 1<sup>st</sup> and save \$20**



Shifu Andy James

**Andy James** will lead the retreat. He is the founder and Chief Instructor of the Tai Chi & Meditation Centre ([www.powerofbalance.com](http://www.powerofbalance.com)) and is the author of 3 books: *The Conscious I: Clarity & Direction through Meditation*, *Ageless Wisdom Spirituality: Investing in Human Evolution* and *The Spiritual legacy of Shaolin Temple: Buddhism, Daoism & the Energetic Arts*. He is a teacher of integral spirituality, a healer and martial artist. He is a member of the Forge Guild, an international organization of spiritual teachers and leaders.

**Register today at [www.harmonydawn.com](http://www.harmonydawn.com) 705~696~2066**