

Embodying the Way - Movement, Mindfulness and Spirituality

Qi-Gong retreat with Matt Branstetter
@ Furnace Mountain Zen Center

June 9 – 11, 2017



This retreat will develop the body's natural wisdom through the simple, yet profound methods of Qigong.

Qigong combines breath awareness, intention and movement into dynamic meditations on the three treasures of Jing (vitality), Qi (energy) and Shen (spirit).

The retreat will develop the body's natural wisdom by combining breath, movement and meditation. Qigong focuses on the flow of "Qi" or vital energy. Its gentle methods are designed to ease tensions and restrictions in the internal organs as well as the major joints of the body. These methods involve a deep, refined meditative awareness without the physical stagnation that can sometimes result from prolonged periods of stillness. The result is a balanced, comprehensive approach to wellness and spirituality.

We are delighted to announce that Sangha member and former Furnace Mountain resident Matt Branstetter will be offering this Qigong retreat at Furnace Mountain!

Matt has been studying meditation and the internal martial arts with some intensity for 21 years. He lived at the Mountain for 3 years and is a sangha member since 19 years. He is a certified Qigong instructor through Rising Lotus Qigong, a senior American student of Chen Tai Chi Grandmaster Ding Ming Ye and a Professor of World Religion at Midway University. Matt is also a licensed massage therapist with experience in a wide range of healing modalities.

Given that Matt has such an intimate relationship with Zen practice, his offering of Qigong should be a very interesting opportunity for all Sangha members. The workshop is designed for all interested, no previous knowledge of Qigong or Zen is needed.

Costs: \$350, including room and board.

The retreat will start Friday evening at 7:00pm and ends Sunday at 4:00pm. For more info about accommodations visit: www.furnacemountainzen.org

Spaces are limited, please register early and directly with Matt:
embodyingtheway@gmail.com