



## Insight Meditation & Qigong Retreat *with Shifu Andy James*

**I**nsight 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.

**Q**igong techniques will be specially selected by Shifu James to enhance cleansing, opening and grounding during the retreat. Qigong regulates body, energy (Qi) and all Chinese Medicine (TCM), internal martial arts and spiritual transformation such as Traditional Chinese Mind-Body Skills for Yoga and Fitness Instructors.

**H**armony 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.

**Location:** Harmony Dawn Retreat

**Date:** Oct 10-12 \* **Cost:** \$335 plus 5% GST

**Full Week:** Oct 10-17 2008 \* Cost \$885 plus 5% GST

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

**Register & Pay Online** ([click here](#))

**or Phone:** 705.696.2066

*Register by September 1<sup>st</sup> & save \$20*



Andy James will lead the retreat. He is the founder and Chief Instructor of the [Tai Chi & Meditation Centre](#) 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.

**\*IMPORTANT NOTICE:** Andy has launched his new website (unofficially) and he would like to invite you to visit: [WWW.ANDYJAMES.CA](http://WWW.ANDYJAMES.CA)