I Liq Chuan Spinning Hands Workshop 22/23 September 2019

This workshop will explore the basic exercises of spinning hands. Recognising circular movement in the three planes is the basis of generating spiralling energy when you move. These exercises will mobilise your shoulders and integrate your torso movement into whole body movement. Partner training develops sensitivity and awareness. I Liq Chuan translates as Mental-Physical Skill and is an art of cultivating consciousness based on the Tai Chi and Zen principles of non-assertion, non-resistance, harmony of the Yin and Yang, oneness and being in the present moment. I Liq Chuan is a natural and safe body and mind practice that is easy to learn. Practitioners experience the benefits of relaxation by learning how to neutralise stress.

Bodywork sessions alternate with mindfulness sits led by Bevie Barker. Accommodation is available at Origins Centre. All fees are by donation. For more information and booking details please contact Chris Newell [chrisnewell@live.com.au](mailto:chrisnewell@live.com.au).