

First European Qi Gong School, founded by Dr Yves Requena
organizes a special event in Barcelona, Spain

29th April to 1st May 2017

Nei Gong Introduction

with Damo Mitchell



Damo Mitchell has studied the martial, medical and spiritual arts of Asia since the age of four. He is the technical director of the **Lotus Nei Gong School of Daoist Arts**, and teaches in the UK, Sweden and the USA. He is the author of several books published by Singing Dragon, including **Daoist Nei Gong: The Philosophical Art of Change**, which is the theoretical basis of this course. More information in: www.lotusneigong.net

WHAT IS NEI GONG?

While most people will have heard about Qi Gong, the term Nei Gong is still relatively unknown on our side of the planet. Qi Gong (usually translated as 'energy work') can refer to various sets of exercises with specific aims—e.g. improving health, developing martial power, etc. As its name implies, Qi Gong works primarily with Qi to achieve its aims. Nei Gong, which can be translated as 'internal work', has a wider scope than Qi Gong. The most fundamental difference between the two is that Nei Gong does not refer to any specific practices or exercises. Rather, **Nei Gong is a process** that works with transforming your inner being. While Qi Gong can be taught through exercises—by telling you how to breathe and move, for instance—Nei Gong requires transmission from an experienced teacher who has been through the process themselves.

Nei Gong is essentially a tool to awaken our energy system and take us backwards through the process of creation. Thus, we start working with our acquired mind so we can eventually lead it back to its original or congenital state of being. Classically, Nei Gong was the practice that manifested the philosophy of Daoism into something tangible; as such, it provides strong foundations for other practices like the internal martial arts and Nei Dan Gong (internal alchemy). In a few words, Nei Gong could be defined as the 'philosophical art of change'.

THE FUNDAMENTALS

Initially, new students coming into the art of Nei Gong will encounter a practice that requires a sound theoretical basis in the philosophy of Daoism. They should learn how to structure the body in order to set up a strong conduit between the poles of Heaven and Earth. From here the lower energy centre must be contacted and woken up; an important aspect of the internal arts that serves as the catalyst for entrance into the Nei Gong process.

Beyond the static work which features so prominently at the beginning of this practice there are then various moving exercises and practices which aim to systematically wake up increasingly subtle elements of the Jing Luo (energetic matrix).

INTRODUCTORY EVENT

In Barcelona, Damo Mitchell will be presenting the fundamental aspects of the Nei Gong process and helping students to understand the nature of this training as well as the wider Daoist tradition. Students will study the following:

- Restructuring the body according to the Daoist tradition of Nei Gong
- Location of and efficient process of working with the lower Dan Tian
- The theory and practice of the Xiao Zhou Tian rotation
- The importance of prostrations and their relevance to Daoism
- Efficient bodily control through manipulation of structure
- The Ji Ben Qi Gong exercises
- Theory of Daoism and Nei Gong

DISCLAIMER

The Nei Gong process taught by Damo Mitchell and Lotus Nei Gong is a classical process and is, at times, very strong. For this reason we do not recommend that anybody with psychological disorders or those with serious medical issues/needs attend these events. There are many other practices out there that would be more appropriate for these kinds of needs. Nei Gong is also not suitable for pregnant women or anybody under the age of 18 years old. Lastly, we reserve the right to ask any student to leave the training immediately if we deem the training to be unsuitable for them or a risk to their well-being.

COURSE DETAILS

This course will be run over two days and a half.

Timetable (subject to change):

Saturday and Sunday 9.30 to 14 and 16 to 20

Monday 9:30 to 14

The cost of the course is **200** EUR

Course venue, with optional accommodation:

SEMINAR SALESIANO MARTI-CODOLAR

Avenida Cardenal Vidal i Barraquer, 15, 08035 - Barcelona

www.marti-codolar.net/en

To book a place on this course and the accommodation, please contact us:

Jean-Luc Riehm contacto@iiqg.com

The deadline for booking the accommodation is 1st March.

