

METODO BIOSPIRALI® CHI KUNG

Grounding, calming and flowing.

Metodo Biospirali Chi Kung helps the body relax and regenerate by emulating one of the most beautiful patterns in nature –

The Spiral



Bringing together Eastern knowledge and Western science, the system addresses internal and external vibrational energies to harmonise and integrate the body's structures, particularly the fascia-connective system.

The Method is a spiralling Chi Kung, which taps into the movement of the universe through spiralling images and movements, aimed at accessing the Wisdom of the body. Its purpose is to free up and connect to the 'Feeling' in the fascia-connective tissue, conductor of the orchestra of meridians (energetic pathways) and the means by which Life Force (Chi) travels and connects us to the Earth and Heavenly Forces. From standing and walking meditation to progressively dynamic sets, and finally synthesised in a spiralling, internal martial form 'Xuan Chuan', the focus is on staying connected to 'the Flow'.

Who can benefit from the practice?



There are many types of Chi Kung and many types of internal martial arts, diversity is what makes these arts so appealing. There is something for everyone, health, discipline, combat, spirituality and much more.

The practice is primarily experiential with a balanced measure of theory to engage the logical mind. The benefits of practicing are obtained almost immediately in the bone structure, joints, muscles, tendons, connective-fascia system, and above all, in the energy system.

'Whatever the goal you seek to reach, over the years we have found the fastest connection is directly through the Source*, and this is what we teach.'

* Source, intended as the font of all life force, often referred to as the Original Spark, creator of matter and all life

UK WORKSHOPS



Whether you are new to Metodo Biospirali Chi Kung or have attended one of our previous workshops, we will provide the knowledge and inspiration to help you deepen your Chi Kung practice and connect to the Source.

All levels of experience and physical ability are welcome.

All workshops are non-residential, but the nearby town offers varied choices of accommodation.

Classes run from 10:00am to 5:00pm

*Please wear comfortable clothing, bring a change of shoes and a towel or mat to lay on.
Depending on the weather, at times, we may work outdoors.*

We keep groups small (maximum 5) so that we can provide attention to your specific needs.

Limited places available.



COSTS

One day - £95* / £105

Full weekend - £175* / £190

- **Early bird price available for all bookings made and paid by 17 March for May workshops and 28 July for September workshops**

Venue: The Studio, The Gardens, Marshall Road, Godalming GU7 3AU



Further information and bookings: Debbie Heaney - debbie@surreyhillstaichi.co.uk
Gillian Reid Association Biotalife – info@biotalife.eu

PROGRAMME 2019

May 11

The Basics of Chi Kung and Metodo Biospirali



Understanding and connecting to the fundamentals of the 5 Element Theory of Traditional Chinese Medicine. Opening, stimulating and connecting the energy gates and pathways used in Metodo Biospirali Chi Kung. Practice includes working on correct body alignment to aid experience of the energetic body, training 'Healthy Breathing' and, of course, a little theory for our curious, logic mind. 😊



May 12

The Foundations of Metodo Biospirali Chi Kung

On solid ground, we lay the foundations of Metodo Biospirali Chi Kung.



Studying the basic static and dynamic sequences of the practice, we learn to open our joints, connect to the cosmic flow and release deep fascia-connective tissue by means of expanding and contracting, spiralling movements and breathing techniques. As we emulate the spiralling motion of the macro cosmos around our central body axis, we automatically harmonise our micro cosmos with the Source and connect to our original state of Oneness. Creating space within, we receive the knowledge to welcome health and internal tranquility into our lives.



Maximum benefit will be gained by attending both days, nevertheless, both workshops are planned to stand alone.

September 28

Harmonizing the Body, Mind and Soul to Open and Guide our Path

Over the years, man and his science has come to accept the importance of the mind's role in creating our reality 'Mind Over Matter', which also includes our state of health.

Whilst practicing the principles and basic static and dynamic sequences of Metodo Biospirali Chi Kung, we will focus on training the mind by using our intention to open the energetic and physical pathways used in the practice.

All levels of experience and physical ability are welcome



September 29

Advanced Masterclass One

Instructor training update

Assisted movements for Metodo Biospirali Instructors

Metodo Biospirali Instructors only

INSTRUCTOR



"Whatever I do in my daily life, when I connect to the FLOW which gives me that FEELING of being at home, I am never lost."

Gillian Reid born in England, moved to Italy in 1985. In 1992 she became a direct student of Master Franco Mescola, founder of Centro Ricerche Tai Chi Italia (Tai Chi Research Centre Italy) and creator of Metodo Biospirali® Chi Kung.



Over the years, she participated in the birth and growth of both the Tai Chi Research Centre and the Metodo Biospirali Training School Italy, where she graduated as Senior Instructor and currently teaches.



On her master's passing in 2014, Master Franco Mescola handed down a legacy of life-enhancing tools which the Research Centre continues to expand on and share today.

In 2016 Gillian took Master Mescola's teachings throughout Europe where she has been running workshops to share the life-changing practices.

The Biospirali Training School UK

Gillian co-founded the Metodo Biospirali Training School UK with her UK student Debbie Heaney 2016, offering anyone with a passion for life the opportunity to study and focus on how to reach a greater level of harmony within the body. Based in the historic market town of Godalming in the beautiful setting of the Surrey Hills, the UK School offers regular classes, workshops and training programmes.

Links:

Gillian Reid, Association Biotalife - biotaolife@eu

Debbie Heaney, Surrey Hills Tai Chi - www.surreyhillstaichi.co.uk

Centro Ricerche Tai Chi- www.taichi.it/formazione-insegnanti-chi-kung-e-metodo-biospirali/

Taiji Forum- <https://taiji-forum.com/qigong-chi-kung/biospirals-method/>