

Instructor

We are delighted to have Gillian Reid from the Tai Chi Research Centre to teach the course.



Born in England, Gillian moved to Venice, Italy in 1985. In 1992 she became a direct student of Master Franco Mescola at the Tai Chi Research Centre.

Over the years she has participated in the birth and growth of both the Tai Chi Research Centre and the Biospirals Method Training School, where she graduated and currently teaches.

In 2016 Gillian was inspired to bring Franco's teaching to the UK and has visited several times to run workshops and inspire others to take up Biospirals Method

Dates

Module 1: 6-8 October and 17-19 November 2017

Module 2: 6-8 April and 18-20 May 2018

Module 3: 14-16 September and 19-21 October 2018

Cost

£425.00

£425.00

£400.00

Venue

Hascombe Village Hall, Mare Lane, Hascombe, Surrey GU8 4JH

<http://www.surreycommunity.info/hascombevillagehall/map-and-directions/>

Notes

- Cost includes tuition and supporting materials (manual, worksheets, Biospirals Method book, DVDS for Levels 1 and 2, meditation mandala).
- Modules can be repeated with a 50% discount on the course rate.
- Module One is open to all levels of experience and ability. To enrol on Modules Two and Three, the previous Modules must be completed first.
- For those wishing to teach the Biospirals Method, you will need to complete all three modules and coursework and undergo successful examination. To retain your teaching certificate you will need to attend an annual Masterclass weekend.

For further information and bookings:

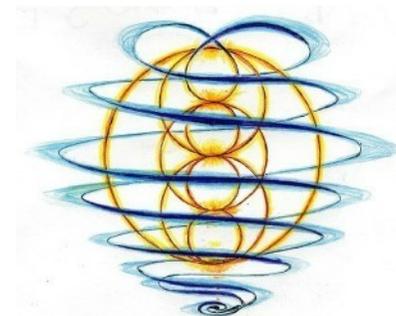
Debbie Heaney - 07810 703 960 / debbieheaney@gmail.com

www.godalmingshiatsu.co.uk/home/biospirals

www.taichi.it

Biospirals® Method Training School

Biospirals Method In-depth Training Programme



Develop your Chi Kung skills with our in-depth Biospirals Method Chi Kung training course. The Biospirals Method Chi Kung is a marriage of East and West. Based on ancient principles of movement, and developed through the observation of the natural phenomenon of the spiral, the Biospirals Method is also imbued with an understanding of Western science and medicine.

The in-depth course comprises 3 modules run over 6 weekends from October 2017 to November 2018. It is suitable for anyone who wishes to explore and develop their own practice; as well as those with an interest in teaching the Biospirals Method.

We are offering a unique opportunity in the UK to deepen your understanding of the theory and practice of the Biospirals Method Chi Kung. Training with Gillian Reid from the Tai Chi Research Centre, Venice.

BOOK NOW FOR MODULE ONE
6-8 October and 17-19 November 2017

The Biospirals Method Training School UK

The Tai Chi Research Centre was established in Venice in 1993 by Master Franco Mescola to further his exploration of Tai Chi Chuan and Chi Kung. Through in-depth research which harmonises these thousand-year old traditions with the exciting developments in Western science the Biospirals Method was born. The Method comprises a series of meditations, breathing exercises and sequences based on the spiralling movements of energy in nature. The practice strengthens our vital energy thus bringing the mind and body into a state of natural harmony; promoting well-being and longevity.

In 2016 the Biospirals Method Training School UK was established, offering anyone with a passion for Tai Chi/Chi Kung the opportunity to study the research carried out by Master Mescola, focussing on how to reach a level of harmony between the visible and invisible systems and structures of the body.

The UK School offers regular classes and workshops in the Biospirals Chi Kung Method. We are now proud to offer a comprehensive training programme in the beautiful setting of the Surrey Hills and close to the historic market town of Godalming.



The Training Programme

Our in-depth training programme offers instruction in both the practical and theoretical aspects of the Biospirals Chi Kung Method, providing a strong base for your own practice. The programme is divided into three modules, with the first module also on offer as a stand-alone workshop; each module runs over two weekends, with time in between to practice and develop.

For anyone wishing to teach the Biospirals Method Chi Kung, the complete in-depth programme will provide you with everything you need.

Course Content	
Module One - practical <ul style="list-style-type: none"> • The Biospirals Meditation • The Preparatory Exercises • The Biospirals First Sequence • The Empty Step (part 1) • Breathing techniques (part 1) 	Module One - theory <ul style="list-style-type: none"> • Introduction and course layout • The principles of Taoism • Introduction to Yin and Yang and the Five Elements • The autonomic nervous system • The principles of the spiral
Module Two - practical <ul style="list-style-type: none"> • Review of Module One • The Biospirals Pa Tuan Chin • The Primary Sequence • The Empty Step (part 2) • Meditation sounds NAOUM • The Biospirals Second Sequence • Three Membrane Breathing 	Module Two - theory <ul style="list-style-type: none"> • Review of Module One • Introduction to Traditional Chinese Medicine (TCM) • Energetic points for the practice
Module Three - practical <ul style="list-style-type: none"> • Review of Modules One and Two • The Preparatory Exercises (part 2) • Experimenting with the elastic force • The Empty Step (part 3) • Chan Mi Kung • The Biospirals Third Sequence 	Module Three - theory <ul style="list-style-type: none"> • Review of Modules One and Two • Introduction to embryology • The connective tissue in the Biospirals Method • How to conduct a lesson / trouble shooting

“Every spiral marks a cycle in the development of the whole and just as every single part is part of the whole, the end will be but the beginning.”
Master Franco Mescola