



## Andy Henry

Andy Henry is a well-established teacher and healer in the Qi Gong field. He has studied and practised with different teachers from the Healing, Martial and Spiritual traditions of the East and the West for over 30 years and has been teaching for over 30 years.

One of the main influences of his work is the late Dr Shen Hongxun, founder of Taijiwuxigong and Buqi healing. Andy maintains a busy teaching and treatment schedule in England, Portugal and Spain.

For details of Andy's workshops and clinics see:  
<https://www.qitreehealing.com>

For more information on Andy's courses and clinic contact Amyas by email on  
[taijiwuxigong@hotmail.com](mailto:taijiwuxigong@hotmail.com)



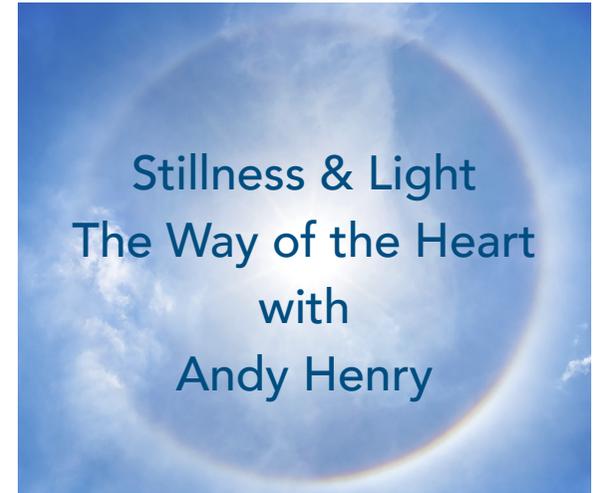
## Emerson College

The retreat venue, Emerson College, sits within 22 acres of Botanic Gardens filled with beautiful ponds, lawns and flower beds, plus an orchard with many rare trees and medicinal plants.

An ideal location for a meditation retreat, it is easy to reach by train from London and is 30 minutes from Gatwick airport. See online map for directions: <https://bit.ly/EmMap1>

Rooms are single with shared bathrooms. Bedding and towels provided. The food is vegetarian - bio-dynamically grown on site. Special diets can be catered for if you tell us your requirements by July 15.

Emerson College, Hartfield Road,  
Forest Row, East Sussex, RH18 5JX  
W: <https://emerson.org.uk>



## Stillness & Light The Way of the Heart with Andy Henry

## Qi Gong & Meditation Retreat Wednesday 10th to Sunday 14th August 2022 Emerson College, UK

For bookings & queries contact Ann on:  
[buqihealth@gmail.com](mailto:buqihealth@gmail.com)  
or call 07766 100 383



## Practical Details

### Wednesday 10 to Sunday 14 August

**Arrive** 14.30 - 16.00 on Weds 10 for registration at reception - 1st session 5pm

**Thurs - Sat** practice starts 10am each day & final session is 20.00 until approx 21.30

**Sun** - Final practice session is 12.00 and we leave after lunch - approx 14.00

**Course fee:** Single room & meals: £646

**Non residential:** incl. lunch, supper and morning + afternoon breaks: £466

Travel info here: <https://emerson.org.uk/about-us/contact/>

**Gatwick** is nearest airport - 30 mins by car

**Train travel** is from Victoria Station to East Grinstead (£12-£15) and then a taxi costs around £8.50.

**Covid** Please visit <https://bit.ly/EmTrav22> to check the college covid safety regulations, especially if travelling from overseas.



Each day is filled with a mixture of standing, moving and sitting exercises that progress towards a more stable state during the retreat.

Active Qigong sessions are balanced with sitting Meditation practice.

Most students notice a big improvement in their practice, shown by calm extended periods of sitting meditation.

## The Aim & Fruit of the Work

We aim to experience our stillness (empty essence). Also the energy, or light, that comes out of this emptiness. Both stillness and light are different types of our energy or Qi.

Compassion is a natural expression of this light within us, and offers both a path and a guide for this work.



## Benefits of our practice

As our Yuan Qi becomes clearer, we see benefits in our practise and daily life.

We work with developing the Energy body in the upper levels of this practise. Experienced practitioners will deepen their stability in the experience of stillness and light.

We will learn to work with the experience of our Light - our active forms of Qi. Also, to develop awareness of what that light shows about ourselves and our world.

The retreat offers an excellent environment to focus on our meditation and Qigong practice, free from our daily concerns.

It also gives the opportunity to spend more time with the teacher and benefit from their personal practice, understanding and healing function.