

The Quan Yin Experience

August 23 - 31, 2008



A Unique Retreat for Women At the Tao Garden in Chiang Mai, Thailand

Delve into the Heart of Listening. In a deeply supportive setting we nourish our ability to inhabit and accept our bodies, allowing the Divine Feminine to bridge our consciousness, receiving the guidance of her inner voice and movement. Spend a magical 9 days exploring the way of Quan Yin, the Bodhisattva of compassion, revered by Buddhists as the Goddess of Mercy and by Taoists as the embodiment of Yin energy. Come to this special retreat and give yourself the opportunity to rest, relax, and transform. Sharon Smith and Tiffany Fyans have created a unique retreat combining the love enlightenment Quan Yin Qigong with Taoist women's sexual energy regenerating practices.

Join us in this deeply nourishing journey at the acclaimed [Tao Garden Health Resort and Spa](http://www.taogarden.com) in northern Thailand outside of Chiang Mai, an oasis of quiet elegance and profound transformation. One of the most unique holistic integrated natural health spas in the world, the Tao Garden is a perfect getaway for self renewal and nurturing. Pamper yourself with a full menu of treatments from Thai, Taoist, and Ayurvedic traditions. There is also a state of the art integrated medical clinic, offering the latest technology for accurate diagnosis and over 60 holistic treatments. Every delicious meal offers fresh, organic vegan and non-vegetarian options with homemade yogurt, gluten-free breads, tofu, soy, rice milk and fresh tropical fruit juices. There is a beautiful swimming pool, fitness center, trails, infrared sauna, and Thai herbal steam bath for our relaxation and enjoyment.

Daily Schedule	
7:30-8:30 am	Quan Yin Standing Practice
8:30-8:50 am	Contemplation Practice
9:00-10:00 am	Breakfast
10:15-12:15 pm	Female Treasures: Healing Love & Women's Taoist Sexual Energy Cultivation Practices
12:15-1:00 pm	Taoist & Yin Yoga, Dance, Processing
1:15-5:15 pm	Lunch, relax, pamper, explore
5:30-6:45 pm	Quan Yin Sitting Practice with Sharon Smith
7:00 - 8:00 pm	Dinner
8:15 - 8:45 pm	Gathering the Chi for Dreamtime

For more information, visit <http://www.taoretreats.com> or call 888-293-6771.

Retreat Practices



Quan Yin Standing and Sitting Practice with Sharon Smith

Sheng Zhen Wuji Yuan Gong is the Qigong of Unconditional Love, a spiritual qigong composed of different sets of elegant movements and meditations inspired by the world's great spiritual traditions. This form of qigong has 3 functions -- to improve the body's health, to remove negative emotions and thoughts, and to open one's heart.

Quan Yin Qigong is named for the Chinese goddess of compassion. She is the bodhisattva of compassion, revered by Buddhists as the Goddess of Mercy. Her name is short for "Guan Shi Yin". Guan means to observe, watch, or monitor; Shi means the world; Yin means sounds, specifically sounds of those who suffer. Thus, Guan Yin is a compassionate being that watches for, and responds to, the people in the world who cry out for help.

The standing set is composed of 10 movements with meditation and breathwork. It strengthens & purifies the energy channels & the spine in addition to giving one healthier muscles. Little by little, It enables the chi to take over from the will, allowing your heart to open gradually to greater health, happiness, and service.

The sitting set has 16 movements with deep and mystical meanings that guide one into the purpose of human life and even one's own will. The beauty and love experienced in doing the practice awaken our consciousness, sustaining us in the quest for love and the search for a "heavenly" environment.

Female Treasures: Healing Love & Taoist Female Practices with Tiffiny Fyans

In these sexual qigong sessions, we will observe, explore, and learn to cultivate and channel our sexual and healing energy. Sexual energy is a force that can be harnessed to empower us in our daily lives. A safe space is created where we will address how Taoist practice and chi cultivation can benefit us regarding our health and energy levels, our ability to experience intimacy with ourselves and others, our connection with Universal and Earthly forces, in issues of fertility and hormonal changes, and in the quality of our personal experiences. The Female Treasures is a pathway to transformation.

Practices Include:

- o Cultivating the Tan Tien ;
- o Harmonizing the ring muscles;
- o Grounding with earth element qigong;
- o Opening the Thrusting Channels;
- o Learning the Inner Smile and directing it for healing;
- o Balancing hormonal levels with breast massage, endocrine awareness and ovarian breathing;
- o Opening the Microcosmic Orbit;
- o Experiencing the heart/uterus connection;
- o Balancing the five elements in and around the body ;
- o Transforming sexual energy with the Orgasmic Upward Draw;
- o Bone Marrow Nei Kung ;
- o Increasing inner strength with the Jade Egg practice.