

“Performing the movements slowly and designing with the body, meaningful spirals, the student arrives to reflect upon the gesture that becomes a support and expression of a way of being.

Pondering upon the motion from the beginning to the end of the sequences, the student can prolong the state reached, and in time mix up and transform into the gesture itself.”

Franco Mescola

**For more information contact:**

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**Workshop content will include:**

Embryo and 3 membranes breathing

Preparatory set  
(creating the primary axis and sensing electromagnetic fields)

1st and 2nd Biospirals sets.

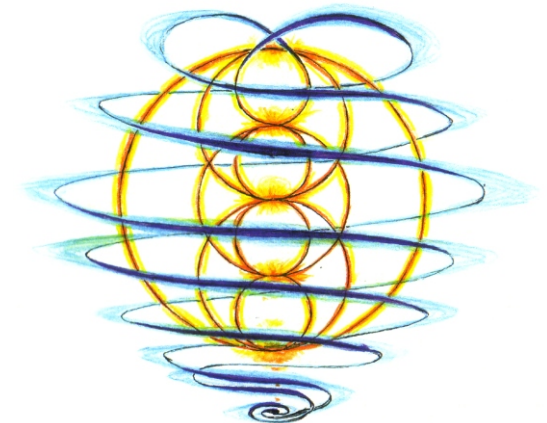
T'ai Chi Mandala analysis  
and still mediation

How this knowledge can be applied to:  
Exercise systems, healing,  
hard and soft martial arts and to  
enhance the health and sensitivity  
of the practitioner



# A PRESENTATION OF METODO BIOSPIRALI

WITH MASTER FRANCO MESCOLA  
FOUNDER OF THE VENETIAN T'AI CHI  
RESEARCH CENTRE



A 2 day course on

Saturday 13 and Sunday 14  
June 2009  
10am to 5pm

At the Active Life Centre  
Houndsmill  
Basingstoke RG21 6XR

*The Dynamic Biospiral Method of Chi Gung (Qigong) joins and harmonises information from western scientific methods and eastern knowledge.*

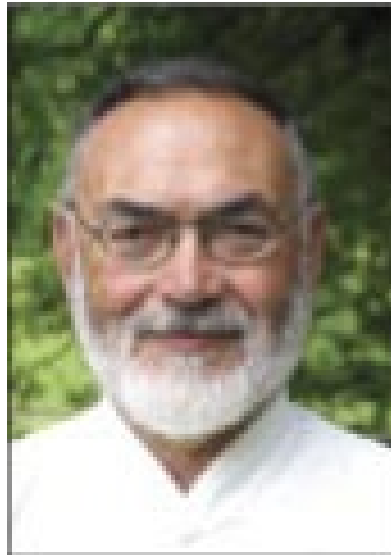
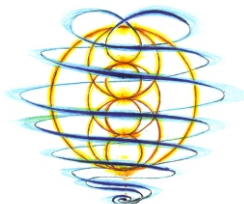
*The exercises address internal and external vibrational energies to integrate and harmonize internal structures particularly the connective fascia system.*

*The system allows the mind and body to free itself from the negative effects of excessive tension accumulation.*

*The first and second level exercises are suitable for people of all ages and abilities.*

*The benefits of practising are obtained almost immediately in the bone structure, in the joints and in the articulations, in the muscles and tendons, in the connective fascia system and above all, in the energy system.*

*This workshop is ideal for teachers and practitioners of Chi Kung (Qigong), T'ai Chi, Martial Arts, Yoga, Pilates, as well as therapists and body workers.*



*This is a wonderful opportunity to study with Master Franco Mescola who has developed this powerful and life enhancing method.*

*He has studied martial arts for over 40 years and internal martial arts since 1975.*

*In 1985 he founded the T'ai Chi Research Centre in his native Venice. He has worked in hospitals researching the effects of Chi Gung on the patients.*

*He has written a number of articles and books on Internal Martial Arts.*

## BOOKING FORM

# DYNAMIC SPIRALLING CHI GUNG

WITH MASTER FRANCO MESCOLA

The cost of the weekend will be £120  
or £75 for one day

*The price has been kept low so as to allow for additional travel and accommodation costs.*

The weekend is on June 13/15 2009

Advanced booking is advisable as the places are limited

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Please reserve me ..... place(s) on the

2009 Dynamic Spiralling Chi Gung course

I enclose deposit of £..... (£50 per person - non refundable.)  
*The balance of £70 payable on the first day*

*\* Cheques payable to 'Susan Woodd'*

Name .....

Address .....

..... Post Code .....

Tel: ..... Mobile: .....

Email: .....