

COMMITMENT:

The Biospirals Method Training School is a division of The Tai Chi Research Centre and aims to offer those with a passion for internal arts the possibility to study in depth the research carried out by Master Franco Mescola - creator of The Biospirals Method – focussing on how to reach a level of harmony between the visible and invisible systems and structures of the body. Thus, promoting wellbeing and longevity.

The Biospirals Method Training School is accessible to all those who practice Tai Chi/Chi Kung or other psychophysical disciplines. Alongside this in-depth 2 year course the School also runs workshops and regular classes.

This 2-year course is delivered by teachers certified by The Biospirals Method training school in Venice, who trained directly with Master Mescola and accompanied him through his years of research. It is suitable for those who are interested in teaching the Biospirals Method; as well as those who simply wish to explore and develop their own practice.

VENUE: Night Pastures, Lower Lodge Farm, Fernhurst, GU27 3NH, UK

DATES:

COST

Module 1: 19-21 May and 23-25 June 2017

£425.00

Module 2: 6-8 October and 17-19 November 2017

£425.00

Module 3: March and May 2018 **Dates to be confirmed**

£400.00

Anyone wishing to repeat a module will benefit from a 50% discount.

Anyone attending an introductory workshop will benefit from a £50.00 discount.

DURATION: Modules are comprised of 5 lessons, and each module will run over two long weekends, starting at 3pm on the Friday afternoon and finishing at 5pm on the Sunday. Every module will comprise a total of 30 taught hours.

INCLUDED IN PRICE: Manuals, worksheets, Biospirals Method book, DVDs for Levels 1 and 2, and meditation mandala.

For those wishing to teach the Biospirals Method, you will need to complete all 3 modules and coursework and undergo successful examination. To retain your teaching certificate, you will need to attend a Masterclass weekend in which this original course syllabus will be revised in depth, (totalling 12 taught hours) annually.

In addition to courses, the Tai Chi Research Centre hosts the annual International Aquavenice Tai Chi conference. The Biospirals Method is showcased at this event, and offers a rich opportunity to explore and develop your Chi Kung further.

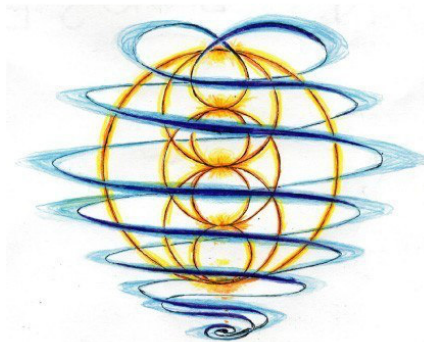
We stress the utmost importance of attending a regular Biospirals Method class where possible - and, once the training course is completed, maintain your personal development by continuing to study and update your skills with The Biospirals Training School. All graduates are expected to embody the moral behaviour which resonates with the intent of the Method.

Centro Ricerche

TAI CHI

presents:

CHI KUNG OF THE BIOSPIRALS METHOD



BIOSPIRALS TRAINING SCHOOL

2 YEAR COURSE 2017- 2018

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...

Quote. Franco Mescola

For information and enrolment:

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PROGRAMME – MODULE ONE

FRIDAY Lesson 1

Theory: Chi Kung: working with energy, the importance of meditation – Notes on embryology.

Practice: *STUDY:* Creating space, structure and the basic stance – Postnatal Abdominal /Buddhist Breathing - *The Biospirals Meditation* – Run Tun (movement of the caterpillar) – Concluding sequence, The Seal.

SATURDAY Lesson 2

Theory: The brain, the two hemispheres and the Moebius strip – The central nervous system, the autonomous nervous system and the connective system.

Practice: *REVISION:* *The Biospirals Meditation.* *STUDY:* Balancing the hemispheres – *The Preparatory Exercises:* 1. Creating and joining the polarities, Activating the upper Tan Tien, Activating the lower Tan Tien, Joining the Seedlings. 2. Run Tun (movement of the caterpillar) 3. Filling the Sphere – Sounds **NAOUM** 4. The Python Softens Its Body 5. Turning the Wheel. – Concluding sequence, The Seal.

SUNDAY Lesson 3

Theory: Tai Chi Mandala and the Sphaera Elikoides – Breathing techniques – The elastic force.

Practice: *REVISION:* Postnatal/Buddhist Abdominal Breathing - *The Biospirals Meditation - The Preparatory Exercises.*

STUDY: Contemplation of the Tai Chi Mandala - San Su Chin – Building the sphere - *The Preparatory Exercises - The Biospirals First Sequence* (part1): 1. The White Crane Spreads its Wings. 2. Small Reverse Spirals. 3. Separating the Mountains and Looking at the Valley. 4. Exercising the Wrists and Pushing Far. Concluding sequence, The Seal.

FRIDAY Lesson 4

Theory: Introduction to TCM, Yin and Yang and the 5 elements – Primary Breathing.

Practice: *REVISION:* Prenatal/Taoist Abdominal Breathing - *The Biospirals Meditation - The Preparatory Exercises–The Empty Step -The Biospirals First Sequence* (part 1) – Concluding sequence, The Seal.

SATURDAY Lesson 5

Theory: TCM and The System of Energy Conduction – Identifying energetic zones – The 3 Tan Tien. The 3 Gates –Introduction to The Microcosmic Orbit.

Practice: *REVISION:* *The Biospirals Meditation - The Preparatory Exercises –The Biospirals First Sequence* (part 1).

STUDY: *The Biospirals First Sequence* (part 2) 5. Looking Backwards While Being Aware of What is in Front - 6. Supporting the Sky - 7. Joining the Sky to the Earth - 8. Turning Backwards to Look at the Moon-The Microcosmic Orbit – Concluding sequence, The Seal.

SUNDAY Lesson 6

Theory and Practice: Revision, feedback and consolidation of module one.

COLLECTIVE PRACTICAL EXAMINATION.

PROGRAMME – MODULE TWO

FRIDAY Lesson 1

Theory: The spiral: A Universal Symbol – Elements of Psychosomatic Disorders.

Practice *REVISION:* *The Biospirals Meditation, The Preparatory Exercises, The Biospirals First Sequence* - Sounds **NAOUM** – Concluding sequence, The Seal.

SATURDAY Lesson 2

Theory: The Membrane, Rhythm and breathing, Three Membrane Breathing –The Primary Movement.

Practice: *REVISION:* *The Biospirals Meditation, The Preparatory Exercises, The Biospirals First Sequence* *STUDY:* Three Membranes Breathing - Run Tun in depth –*Biospirals Second Sequence* (part 1): 1.

The Rising and Falling Dragon 2. Riding the Dragon 3. Shiva Nataraja, 4. Large Inverse Spirals - Concluding sequence, The Seal.

SUNDAY Lesson 3

Theory: In depth Breathing techniques and The Microcosmic Orbit – The Three Treasures

Practice: *REVISION:* Three Membrane Breathing, *The Biospirals Second Sequence* (part 1). *STUDY:* *The Biospirals Second Sequence:* (part 2)

- 5. Position of the Beggar 6. Twisting on the Axis 7. The Serpent Looking for Its Tail -*The Primary Sequence* (part 1) – Concluding sequence, The Seal.

FRIDAY Lesson 4

Practice: *REVISION:* Prenatal Abdominal/Taoist Breathing, *The Microcosmic Orbit, The Biospirals Meditation, The Preparatory Exercises, The Biospirals Second Sequence* (part 1) *The Primary Sequence* (part 1).

SATURDAY Lesson 5

Theory: Pa Tuan Chin and energetic connections - The Emotional Body

Practice: *REVISION:* *The Biospirals Second Sequence* (part 1) - *The Primary Sequence* (part 1) *STUDY:* *The Primary Sequence* (part 2) - *The Biospirals Second Sequence* (part 2) - *The Biospirals Pa Tuan Chin.* – Concluding sequence, The Seal.

SUNDAY Lesson 6

Theory and Practice: Revision, feedback and consolidation of module two.

COLLECTIVE PRACTICAL EXAMINATION AND PRESENTATION OF WRITTEN COURSEWORK.

PROGRAMME – MODULE THREE

FRIDAY Lesson 1

Theory: Elements of Psychosomatic Disorders

Practice: *REVISION:* *The Biospirals Meditation, The Preparatory Exercises, The Biospirals Pa Tuan Chin, The Biospirals First and Second Sequence.*

STUDY: *The Sensory Walk forwards and backwards* – Concluding sequence, The Seal.

SATURDAY Lesson 2

Theory: Elements of neurology (activation and release)

Practice: *REVISION:* *The Biospirals Meditation, The Biospirals Pa Tuan Chin, The Sensory Walk* forwards and backwards – *The Biospirals Second Sequence*

STUDY: *The Biospirals Third Sequence* : 1. Riding the Dragon in movement 2. Shiva Nataraja in movement 3. Large Inverse Spirals in movement 4. Twisting on the Axis in movement 5. The Serpent looking for Its Tail in movement –Concluding sequence, The Seal.

SUNDAY Lesson 3

Theory: How to conduct a lesson for use in a course or a session – The connective-fascial system and The Biospirals Pa Tuan Chin.

Practice: *REVISION:* *The Biospirals Meditation, The Biospirals Pa Tuan Chin - The Biospirals Third Sequence:*

STUDY: *Assisted Movement 1:* Mobilizing the spinal column and Serpent Coils - Concluding sequence, The Seal.

FRIDAY Lesson 4

Theory: Connections between the Primary Axis and the spinal column.

Practice: *REVISION:* *The Biospirals Meditation, The Preparatory Exercises The Biospirals Third Sequence, Assisted Movement: 1.*

STUDY: Listening to The Primary System and The Fascia – Introduction to Chan Mi Kung - *Assisted Movement 2.* Open the Seven Floors of the Pagoda - Concluding sequence, The Seal.

SATURDAY Lesson 5

Theory: Open discussion.

Practice: *REVISION:* *The Preparatory Exercises, The Biospirals Pa Tuan Chin The Biospirals, First, Second and Third Sequences, Assisted Movements*

STUDY: *Chan Mi Kung,* Introduction to *Xuan Chuan* - Concluding sequence, The Seal.

SUNDAY Lesson 6

Theory and Practice: Revision, feedback and consolidation of modules 1,2 and 3.

COLLECTIVE PRACTICAL EXAMINATION AND PRESENTATION OF WRITTEN COURSEWORK.