

Qigong and Meditation Weekend with Franz Moeckl

Residential and Non-residential Silent Retreat

This retreat is an immersive experience in meditative training open to all. The weekend will provide an atmosphere of silence with periods of Qigong movement practice, sitting meditation, walking meditation and teachings. This retreat is suitable both for new and experienced meditators interested in an intentional weekend for tuning in to and honoring their inner wisdom.

When

Arrive: Friday, June 15, 2018

(5 pm dinner served)

Depart: Sunday, June 17, 2018

(1 pm following lunch)

Where

Holy Wisdom Monastery

4200 County Highway M

Middleton, WI 53562

Meditative practices in a retreat setting provide us opportunity to pause from daily routines and tune our attention inward. Throughout this weekend, Franz Moeckl will guide participants in a restorative and healing experience through Qigong movement, walking meditation and sitting meditation practices.

Qigong is an ancient Chinese practice that incorporates slow, gentle movements in harmony with breathing and focused awareness. The benefits are not only on the physical level (balance, flexibility, enhancing immune-system, vitality) but also on a mental and emotional level (joy, calmness and tranquility).

With his unique blend of compassion, humor and playfulness, Franz will lead participants to connection with our own physical and spiritual energies as well as the energy of life all around us. The beautiful setting of Holy Wisdom Monastery allows for practice both indoors and out.

This will be a silent retreat. All secular and spiritual traditions are welcomed. Please dress in comfortable clothing and bring a water bottle and any meditation cushions that support your practice.

Fee:

\$275/person, non-residential

\$405/person, residential double occupancy

\$450/person, residential single occupancy

Fee includes:

Friday dinner, Saturday lunch and dinner, Sunday lunch. Residential retreat fees also include continental breakfast. Holy Wisdom Monastery offers vegetarian, gluten-free and dairy free options.

Payment:

Full payment must accompany registration. Fees listed above include a non-refundable processing fee of \$50. **To register visit:** uwhealth.org/mindfulness

Cancellation Policy:

Cancellations on or before May 24, 2018 will be refunded the entire fee, less \$50. No refunds will be made after May 24, 2018.

Additional Information:

Retreat information, UW Health Mindfulness Program:
uwhealth.org/mindfulness

Holy Wisdom Monastery:
benedictinewomen.org



About Franz Moeckl

Franz Moeckl is an internationally recognized meditation teacher who has practiced Taiji and Qigong for more than 30 years. He has been a Buddhist monk in Burma and Thailand and lived in a Taoist hermitage in the Rocky Mountains. He also trained and taught at Jon Kabat-Zinn's Stress Reduction Clinic in Worcester, MA. Franz now lives at the holy mountain of Arunachala in Southern India and teaches worldwide.

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