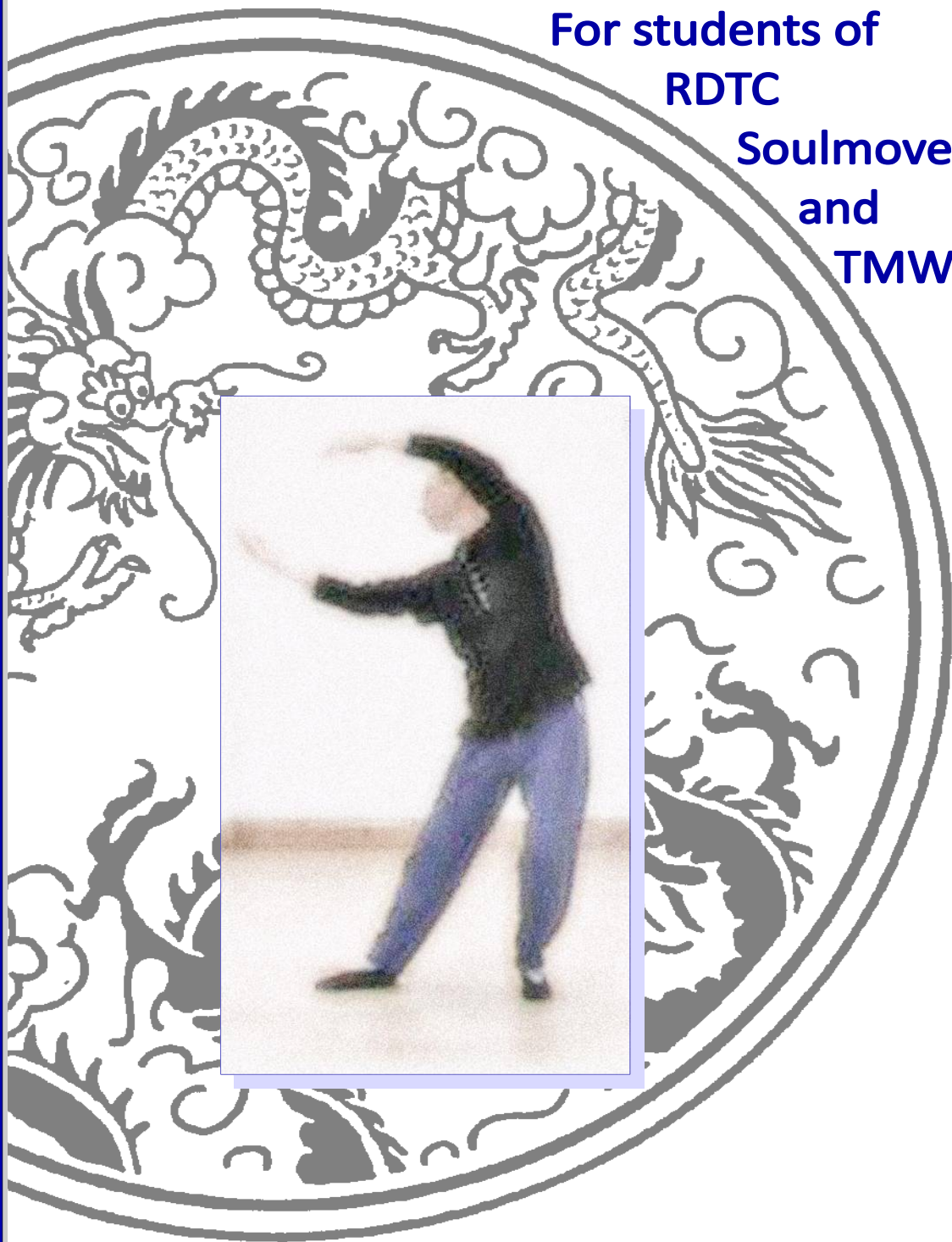


RDTC Living Summer Gathering 2012

**For students of
RDTC
Soulmoves
and
TMW**



Soul Food

**with Richard Farmer & Friends
Friday 6th to Monday 9th July
at Poulstone Court**

RDTC Living invites you to come to this special event bringing together the threads of the RDTC School, the Soul Moves community and the TMW classes. The focus of this long weekend is around the 3 R's: Root, Relax and Rejuvenate. I will be giving sessions to focus these aspects and there will be opportunities to explore them on your own or with groups of participants accompanied by an RDTC Teacher, a Soul Moves Facilitator, or senior RDTC Living student. So what are the 3 R's? What will we be focussing on?

Root. This is the core, the First Principle - without this we are just a leaf blowing in the wind. The root physically, is in the integrity of the structure, the legs, the spine and how the body moves as one piece. The root is also our essence, and this lies just behind who we think we are. In my experience, given half a chance and a break from the pressures of life, we can easily remember it. By resting in the present we can come back to it.

Relax. Relaxation is the core of well-being. We were born with soft muscles and then life came along and we became tense. The heart of the work is relaxation. It is our secret weapon! It allows us to be receptive and this allows us to understand, and once we understand, we know what to do. It

allows us to flow easily. It allows us to be spontaneous.

Rejuvenate - is our natural spirit of vitality. By touching our **R**essence and releasing our tension, our natural aliveness that rests just below the striving is revealed, just below the exhaustion. I want to give this a chance to come back and shine in you.



Embodied Learning



This course will offer you a fresh look at your life. It will give you a chance to touch some fundamentals. Whatever your practice, each day you will have the chance to work with a group specifically focussing these principles on Tai Chi Form, Shibashi or TMW. In addition it will also deepen your understanding of the school's strands of movement, meditation, enquiry and healing.

This course will, in the tranquil environment of Poulstone Court, give you time to find yourself, to nourish yourself and come back to your life rejuvenated and ready to meet what the rest of the year has to offer you.

In the supportive atmosphere of like-minded people and with the possibility of exploring with some of the RDTC Teachers and Soul Moves Facilitators, the Summer Gatherings are always special.

Dates: 6th to 9th July - Friday arrive after 5pm leave Monday 4pm.

Cost: **Accommodation: £208.80 plus Full RDTC Fee: £90, or
Reduced Fee: £60 Limited places at Minimum Fee: £208.80.**

Single room £50 supplement Full Fee only & space permitting

Rooms: Shared in large spacious rooms, *some doubles and triples available.*

Food: Vegetarian and gorgeous!

Place: Poulstone Court, *easy access M4, M5, M50, A40, or train.*
See at: www.poulstone.com

Yes I would like to come to the RDTC Living
Summer Gathering 2012.

I enclose a booking fee of £50 (Full)
or £35 (Reduced) payable to RDTC

Booking Form



Name _____

Address _____

Post Code _____ Tel. _____

Email: _____

Please tick - Full fee Single Room Red.Fee

Send to: **RDTC, PO Box 149, Hereford, HR1 9EU,**
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