

More for You

week of January 20th

This week brings the period called “Major Cold” (*dà hán*, 大寒) in the traditional Chinese solar calendar. We may be looking ahead to the first Spring energy arriving with the Chinese new year, but it’s time right now to immerse in the deep energy of winter.

Our habit in this season of major cold is often to tighten up - even hold our breath tight - when we encounter the challenges around us. But we can take things the opposite way - loosening, breathing out and letting go. Like that final moment of release before diving into the icy swim of a polar plunge!

Here’s a set of music for our class time – and any time you’d like to sink into deep waves of sound during the week... Enjoy! https://youtu.be/NDYxEPqHD-M?si=n5v2GM_przW7yhNu



Master Unknown – Unsplash@exp00