

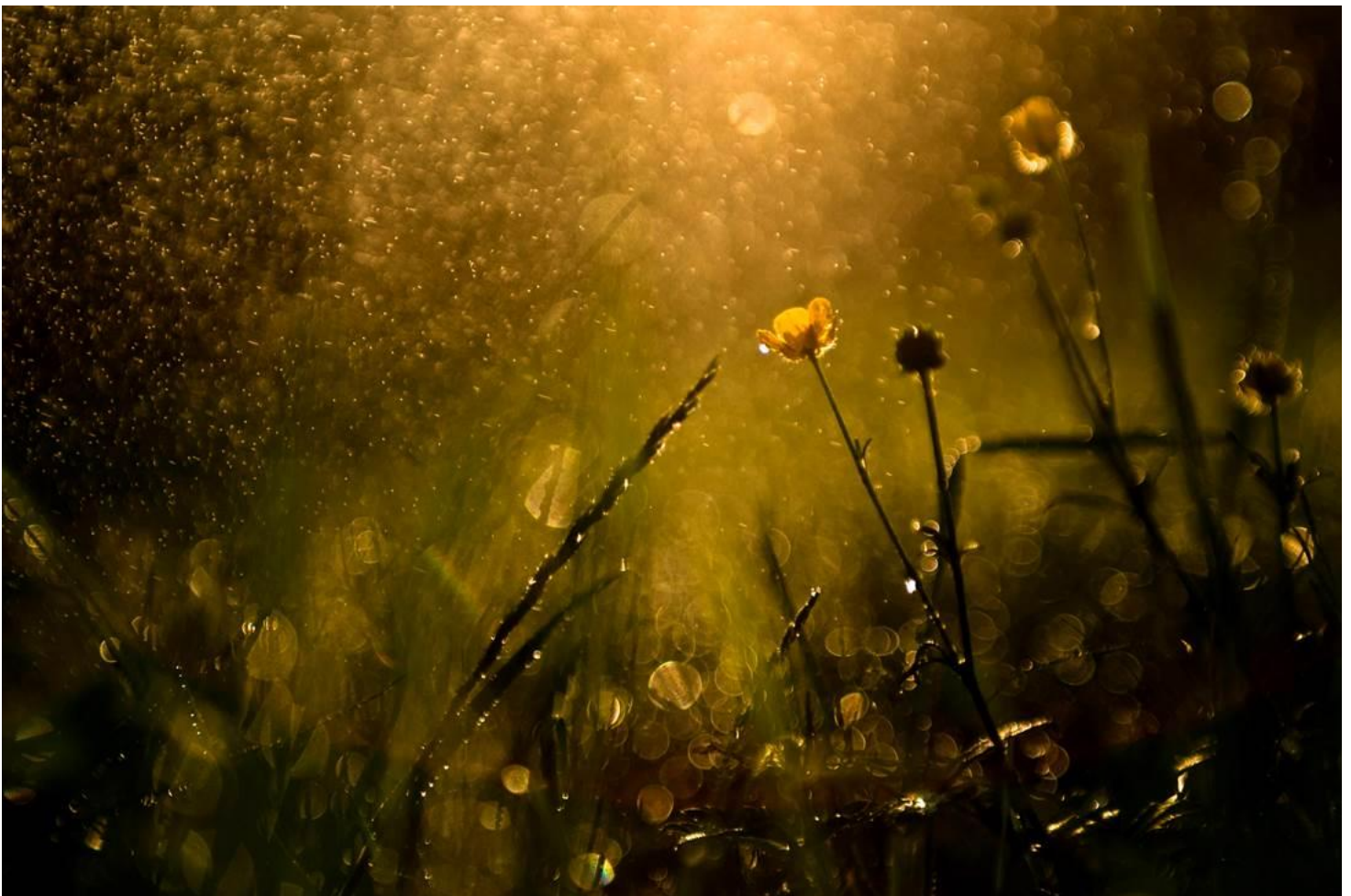
More for You *weekly blog*

Week of April 21st

This week brings the next period in the Chinese solar calendar, Grain Rain (*gǔ yǔ*, 谷雨). It's the period for sowing and tending new young plants, and looking ahead to the coming summer.

As part of the longer arc of Spring, this is a time when seeds begin to do their magic, reaching and growing into the shapes inherent in their design. The inner nature meeting the outside nature. Our taiji and qigong movements are a wonderful way to sense this power of nature... letting inner energy form the outer shapes!

Here's a set of music we've been using for our class time, to turn to any time you'd like some tranquil sound to unfold around you during the week... Enjoy! <https://www.youtube.com/watch?v=GHDtjft7ZIE>



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