



# The Five Elements and The Art of Self-Cultivation

with Gaby Hock

Sept 2007 – July 2008 – Oxford

This course is based on the philosophy and psychology of the Chinese Five Elements and Taoism. The theory, which includes the seven emotions and the five Shen (spirits) is based on key concepts from the Chinese classics with its evocative imagery and poetry and is brought to life through reflective and creative exercises, discussion and dynamic Qi work.

Gaby draws on 20 years experience as an international Five Element lecturer and from her practices as an acupuncturist and psychotherapist. The course aims to stimulate and energise personal and professional development, and because of its universality it is suitable for students and practitioners of all therapeutic and healing professions.

1st seminar: **Core Aspects of Taoist Philosophy and the  
Element Earth – Nourishing the Centre**  
Sat/Sun 29/30 September

2nd: **Metal – Letting Go & Gaining**  
Sat 17 November

3rd: **Water – Being Still and Finding Wisdom**  
Sat 19 January

4th: **Wood – Creativity & Right Action**  
Sat 15 March

5th: **Fire – Awakening the Heart/Mind**  
Sat 17 May

6th: **Integrating the Five Elements**  
Sat 5 July

For all seven days and if registered  
before 15th July: £ 395  
For registration after this date: £460

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