



**Karen Joy Fletcher:** Earthgym - Musing the Earth's Song through Sticks & Wonder Wands



Karen Joy Fletcher, MPH is a writer, professional adventurer, and qigong instructor; she leads Qigong & Wilderness expeditions in Western China, is passionate about healthy living, outdoor play, nourishing life (養生 yangsheng) practices and inspiring others in joy cultivation and Nature connection. Explore a very simple practice using earth's tools, with the teachings of the Earth, and moving our body in a diverse landscape, with the way of yai and play as a gateway.

**TOP EMBODIMENT TIP:** Go outside and follow your sense of wonder - go for a walk without any specific destination in mind. Follow your senses, immerse yourself in the magic from the earth, and the learnings will follow.

What is EarthGym: EarthGym is a way to tap into our childhood passion for **using outdoor play to learn from life.**

- Recommended to do this outside, or with the windows open, on a yoga mat, and with a stick/broom.
- Through this movement-practice EarthGym is a powerful and playful, practical, and primal way to learn from our greatest teacher Mother Earth.
- **When moving our bodies through different terrains, we start to learn from the chi, vital life energy from the earth.** Chi is also translated as information - which **we are constantly gathering for our bodies.**

Mantras To Explore During EarthGym Sessions:

- **"The way of 'yai' and play is a gateway"**
- 'Teach me tool' - if you find an earth tool and aren't sure what to do with it, use this practice.
- **3 R's - building rapport, finding a rhythm, and building the repetition**
- Follow your feet and Earth will teach.

Stick Practices:

- **Discipline creates freedom** - having a simple structure allows the earth's teachings to flow through us.
- Smiling is part of the practice as it allows the earth's chi energy to rise into the body and the soft tissues around the mouth, creating joy.
- **Having an earth tool can give us permission to play.**

Wonder Wands:

- **Silent walks** where each person guides the group to a place where they sense wonder. Then the group collects wonder wands.

Resources:

- ❖ **Website:** [www.karenjoyfletcher.com](http://www.karenjoyfletcher.com)
- ❖ **References:** Barefoot Sensei, Nick Dodge



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