



S W O R D S I S T E R S

Harvesting the Chi Autumn Intensive

The Falcon, Castle Ashby

August 2024

We believe that every woman has unlimited creative potential. Each in her own way, she changes and sculpts the world around her.

The Sword gives her courage to tackle life's challenges and dares her to dream. She trains her body, heart and mind using the sword to cut through what no longer serves.

The sword guides her to tune into the natural rhythms of nature and harness the qi for longevity, health and clarity.



SWORD SISTERS

Autumn Sword Intensive

The Sword Sisters Harvest the Chi Autumn residential retreat is a unique opportunity to dive deeply into the creative potential of autumn energy. In the landscape between summer and winter, it is the time to inquire into our bodies and minds so we can prepare our inner soil.

We create a space to review what has been achieved, scabble the soil, and cultivate the receptive conditions for future relationships, work and play.

We explore Earth & Metal elements through our Swordplay, learning to trust our steps, bodies, intuition and imagination. This residential retreat offers movement, meditation, sword play, energy work, creativity and sharing. It is a "multi-modal" deep dive that offers a unique way for women to discover how to move together and make a positive and wise impact on the world. You will leave refreshed, grounded, connected to body, mind, heart and your Sword Sisters.

Autumn is nature's transitional pause. A moment of suspension where we harvest, ground, and prepare the soil into which we will sink over winter. Time to take a breath, release what we no longer need and create space for the germination of what is to come.....

"During autumn, it is crucial to cultivate an attitude of receptivity, as if one were planting seeds in one's inner soil."

Ferrer et al., 2005



THE FALCON
CASTLE ASHBY

The Falcon, a haven for heritage and health.

A coaching inn built in 1594, The Falcon has been thoughtfully restored and reintroduced into the rural Northamptonshire countryside as a retreat for those in need of rest and renewal.

CLICK [HERE](#) to book this exciting retreat and enter 'Swords' as the password.



Activities at a Glance



Restorative Wellness Activity to bring you into your body, refresh your mind and prepare you for the sword.



Plunge into Autumn energy with a wild water swim in Castle Ashby's freshwater lake.



10 hours of static and dynamic Sword Training



Tai Chi and Mindful Qi Gong movements to gently stretch and tune into your body in motion.



Meditation to gain clarity and focus and align with Autumn's internal impulse.

SWORD SISTERS

Autumn Sword Intensive Schedule

Friday August 30th

3pm	Check in (Speak to the hotel if you wish to arrive early and/or book any treatments)
4.30pm-5.30pm	Meet your Sword Sisters
5.30pm-6pm	Meditation
6pm-6.30pm	Prepare for dinner
6.30pm-8.30pm	<i>Private Dining in the Nest</i>
9pm-10pm	Gong Session with Kanti (Studio)

Saturday August 31st

7am-8am	Freshwater swim (or Qi Gong)
8am-9am	Shower and Change
9am-10am	<i>Delicious healthy breakfast</i>
10am-1pm	Sword Training I
1pm-2.30pm	<i>Lunch, Rest, Journal</i>
2.30pm-4.30pm	Sword Training II
4.30pm-5pm	Rest & Nourish
5pm-6pm	Sword Training III
6pm-7pm	Rest: Let the Sword Settle into the Body
7pm-8.30pm	<i>Private Dining in the Nest</i>
9pm-9.30pm	Autumn Shavasana

Sunday September 1st

8am-8.40am	Harvesting the Morning Chi
9am-10am	<i>Delicious healthy breakfast</i> <i>Room Check Out - Luggage can be stored at Reception</i>
10am-2pm	Sword Training IV
2pm-3.30pm	<i>Spacious Late Lunch</i>
3.30pm onwards	Retreat Ends (speak to the Hotel if you wish to book any treatments in the afternoon)

SWORD SISTERS

Booking Info

<https://thefalconcastleashby.cloud-reservations.net/bookevent>

Event Code: Swords

Make contact with Claire for the personal touch and to make sure your needs are met.

Claire Stableforth - Sales & Events Manager
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+44 (0) 1604 345854

For Retreat Queries Contact:
Tamara.Russell@mindbodymot.com
Telephone: +44 (0)7957 107082



The sword moves with the woman, the woman changes with the movement of the sword, and the woman and the sword unite together.

Sword Lore



Silver Bell Coaching @ The Falcon Hotel
(c) Eliza McKown (2024)



Sword Sisters is a truly remarkable experience. There is something truly remarkable about sword work, it cuts away the old, carves new paths and brings your true feminine power to light. To share the time and space with Tamara and Trudi is truly a gift. They are knowledgeable, patient and supportive of you on your journey. I arrived alone and nervous, by the end I was sad to see my sisters go and yet excited for the next adventure.

ACUPUNCTURIST AND SPIRITUAL MENTOR, KAT CHU

Sword Basics

Sword Basics develop body awareness, and the understanding of where power is generated (mind, feet, waist, wrist).

- Grounding
- Postural Control
- Coiling & Spiralling for power

Sword Sequences

Short sequences are trained which you can practice at home. These can be linked together as a short “Sword Basic Form” that covers all the bases of this unique mind-body training.

- 5 Static Postures
- 3 Variations
- 3 Dynamic Postures

Additional Elements

Mindfulness

Nothing hones your attentional focus more than holding a sword. Drawing on the neuroscience of attention and focus, Sword Sisters training develops the ability to focus and manage mental distractions.

In Sword practice, the energy should reach the tip of the sword, which results from Mind Practice, not physical strength. So the mind is the priority in Sword training.

Qi Gong

Working with the energies of the body and nature, Qi Gong practices develop more subtle sensing abilities and the ability to work with “Yi” (intention).

Without meditation and Qi Gong training, Sword practice remains a physical endeavour. While this is wonderful for fitness, flexibility, suppleness and strength, it limits the power of the Sword.



I come back from the retreat with new wisdom and a free spirit.. felt part of me has reborn, an inner peace and positive attitude towards life is still with me since.....

MAGALI MAZZEI, FOUNDER & HEART OF LYLIS

SWORD SISTERS

Facilitators

Dr. Tamara Russell holds two PhDs in psychology, and a Blackbelt in Shaolin Kung Fu. A true polymath, she blends her skillset to offer totally unique and bespoke experiences for her clients. These include Magic Circle Law firms, Brazilian Banks, Arts Organizations and Charities.

Known for her engaging, highly informed style, Tamara's workshops deliver above and beyond the "usual". Whether it's a talk about the brain, a creative workshop, or a Sword Experience, her engaging experiences will deepen your understanding of who you are, how your brain works, and how to thrive in work and play.

Tamara has taken part in scientific dialogue with His Holiness the Dalai Lama in Brazil in her academic role, and shared the stage with Ruby Wax at the Barbican. She has delivered at all the major UK Festivals (Latitude, Wilderness, SGP). She is the author of "*Mindfulness in Motion*" and "*#whatismindfulness*", and a Visiting Lecturer in the Neuroimaging Department of King's College London.

Trudi Simpson is an engaged artistic practitioner, meditator and martial artist. Formally trained in fine arts and psychotherapy, she has worked both as a freelance artist and mental health practitioner. Trudi has spent over 20 years as a Buddhist meditator. Training with a variety of traditions and teachers globally (Sri Lanka, India, China, UK, USA) and specialising in compassion and death practices. She has extensive martial arts training in China's Wudang Mountains. Trudi combines mindfulness creativity and contemplative practices in the service of supporting the most vulnerable and traumatised members of the community. She is currently involved in creative and artistic mentoring projects with individual and collective healing potential.



Insta: @drtamararussell
Photos: @lisatse88



we make a road
from a lump of clay
It is the empty part
within the vessel
that makes it useful

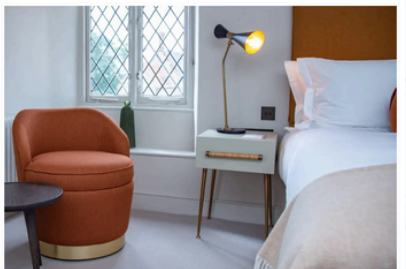
Photos: @lisatse88

SWORD SISTERS

The Falcon Hotel, Castle Ashby

Owned by Lord and Lady Northampton (a Sword Sister), a coaching inn built in 1594, The Falcon has been thoughtfully restored and reintroduced into the rural Northamptonshire countryside as a wellbeing retreat with first class accommodation and nutritional dining. For those in need of rest and renewal.

Their vision was to create a haven dedicated to rest and renewal where people could come to enjoy the peace and beauty of our surrounding landscape. Wellness and a connection to nature are central to their vision and is the thread which runs through everything they do. Visit www.thefalcon-castleashby.com.



Frequently Asked Questions

Do I need a sword?

Swords are provided for our events. We have a variety of different swords (steel straight swords, telescopic swords), of various weights to suit all needs.

Do I need to be fit?

The tai chi and qi gong movements are very soft and gentle and suitable for all levels of fitness. Occasionally, people notice the weight of the sword and it's impact on wrists and arms.

I have never picked up a sword

That's ok! You will be guided to approach the sword in a mindful and gentle way. This is part of the investigation of our relationship to our feminine power.


I have injuries

Please let Tamara know, or drop her a line to ensure that this type of training is right for you tamara.russell@mindbodymot.com

I have no experience of tai chi

No problem! The movements are slow and gentle (but give a deep workout). You will be guided by your expert facilitators, and there is always an option to pause, rest and find your own way to take part.

We've trained Sword Sisters from 20 to 80 years of age and from all walks of life. We've shared the Sword Sisters with women around the world. What unites us is our desire to tune into our feminine power and be awesome women in the world.

A woman with dark hair, wearing a bright yellow, textured dress and black gloves, is holding a sword. The sword's hilt is ornate and metallic. She is looking towards the camera with a slight smile. The background is a soft-focus outdoor setting with green foliage and a bright light source, possibly the sun, creating a lens flare effect. A semi-transparent white text box is overlaid on the lower half of the image.

We are grateful to Lisa Tse, President of The Sorority, for her support and inspiration in the inception of this project.

The Sorority is a pioneering private society for the world's inspiring professional women. Bringing together the women of the future, the club is an influential circle of trusted individuals, created to foster collaboration and represent the very best of modern day women.

Sword Sister and Photographer Lisa Tse