

molino - malaga



Intuitive Archery

**It is easy to hit the middle of a disk !
To find and to hit your own medium needs a steady work on itself !**

In this style of archery the emphasis is on trusting the intuition rather than the process. The concentration is focussed on the target and not on the equipment.

This requires a high degree of peace of mind and balance.

Therefore it is a good way to relieve daily stress and to find your own medium.

Many archers feel that it is very helpful to shoot some arrows after a very stressful working day.

In practising with the bow we can use the flow of the breath to focus and release. In the quietness and concentration we will notice what we need to live our everyday life well.

For all of you who are interested in learning more about archery we will exercise this with a bow in the wonderful area of the mill.

It is no target archery competition and it is also not the strict Japanese art (Kyudo).

It should be an uncomplicated archery where we have great fun.

Activity of a lesson:

- we get to know each other
- theory (explanation of bow and the equipment, intuitive archery)
- practise (posture and bowing, correct position, motion sequence, breathing)
- mental preparation (breathing exercise)
- to release

It is advisable to bring comfortable clothes with you.

At the moment we have one right hand bow and it is possible that 2 people could attend a lesson.

The archery is at your own risk. We accept **no** liability for incurred losses or any kind of accidents including third party.

**find the stand
figure target
built up your tension -
and release**