



WUTAO

AWAKENING THE SOUL OF THE BODY

PRESS BOOK

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Calligraphy by Hassan Massoudy



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The art of WUTAO

Influenced by the Taoist philosophy, Wutao has been created by a French couple, Pol Charoy and Imanou Risselard. Its name is based on the union of two ideograms : « wu » for dance or awakening and « Tao », the way.

The practice of Wutao brings an awareness of the primal wavy motion of the spine while liberating the breath. It is an art of movement in tune with the needs of our time, when it is imperative to go back to the basics, to what is natural :

- Reconnect with the intelligence of the body in order to feel more incarnated.
- Taste the feeling that comes with the gesture.
- Create links within oneself and with the environment.
- Awake the soul of the body and find out our inner rythm.



Imanou RISSELARD has been trained in yoga and dance, and worked as a theater performer specialised in movement.

Pol CHAROY is a former world champoin in Kung Fu Wushu and a consultant in scenic choregraphy.

TOGETHER, they created the magazine Generation Tao and the Centre Tao Paris. Today, they are dedicated to the transmission of Wutao.



The 12 basics movements of WUTAO (from 1 to 6)

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1. Pushing back the mountains



2. Gliding to the bottom of the water



3. Opening of the heart



4. Spreading the wings of the angels



5. Gathering the energy of the earth to offer to the sky



6. Gathering the energy of the sky to offer to the earth



The 12 basics movements of WUTAO (from 7 to 12)

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7. Reaching for the moon



8. Releasing the arrow



9. The heart takes flight



10. The crystal tower



11. The alchemy of water and fire



12. The flight of the sphere



Wutao SEATED



©Sandrine Toutard by Frédéric Villbrandt

Wutao can be practised seated. Thanks to the support of the seated position, the wavy motion of the spine can start with ease. Waves, torsions and spirals can begin in this position with the constant support of the pelvic floor.

The base is anchored, yet it remains mobile and strong, helping to build the right axis without any stiffness.



Wutao on the FLOOR

If the seated position coincides with our first vertical height, the floor is where we first encountered the notion of space outside the womb. Wutao on the Floor enables each one of us to revisit this essential phase in our lives. The unfolding of movements on the floor combines softness with letting go, immersed in a deep sensuality. We become aware of tight areas within the body so that we are able to release them. Our willpower is superseded by flexibility, by the pleasure and grace of being in motion.



©Marie-Aliette Delaneau by Frédéric Villbrandt



Wutao PURE STRETCH



©Cécile Bercegeay by Virginie Gatellier

Stretching has become a common term to designate relaxing and softening exercises. Unfortunately, many people doing stretching exercises believe they can improve their joint range but instead their body gets more tight as a side effect. Wutao Pure Stretch improves flexibility and tone in tendons, muscles, fascias and joints. Motions are freed up so that the body gets in a state of dance and trance in the softness of the moment. The body becomes more supple without using force nor friction. It becomes deeply relaxed and finds its own vitality and strength by following the way of pleasure and letting go.



What do EXPERTS say about Wutao ?

« One of the major benefits of Wutao is to enable us to reconnect with the primal breath which is at the beginning of all motion. Through Wutao, we feel in harmony with the world. »

Alexandre CLÉMENT, ostéopathe

« Wutao teaches us how to deeply respect our being and its environment, paving the way to a sensory renewal. We become intimate with our inner presence. »

Isabelle MARTINEZ, responsible for educative events at the Modern Art Museum of Paris

« Wutao and its alchemical breath reveals any lack of fluidity and liberates the energetic wave yearning to freely circulate within the body and within space . »

Giovanni FUSETTI, ecological engineer, pedagogue and stage director

« As a practice, Wutao helps to unlock different parts of the body in order to improve the vital energy flow. »

Anne-Marie FILLIOZAT, psychologist and psychotherapist

« While softening the conjunctive tissues, the one practising Wutao recreates links and finds the way towards a global motion : when the body moves, all our being moves ! »

Julian KING, ostéopathe

« Wutao nourishes and strengthens the vital energy of the body (Qi) while releasing negative energy. New spaces are thus liberated to promote the integration and accumulation of positive energy. »

LiuJun JIAN, cardiologist and traditional chinese medicine practitioner

« Practising Wutao is easily accessible for anybody, it strengthens our immune system and enhances our vitality. »

Michel JREIGE, general practitioner and traditional chinese medicine practitioner



Ephemeral CREATION



Wutao defines itself as a calligraphy of gesture. In 2010, a performance entitled « ephemeral creation » was staged with the calligrapher **Hassan Massoudy**.



©François Lillichon - 2010



Wutao at Forum 104 in PARIS



Since September 2013,
the Forum **104 in PARIS**
offers free Wutao classes
every Saturday and Sunday.

More than 100 people practice Wutao
under the nave of Forum 104 three week-ends
every month, from mid-September to mid-July.

www.104.fr/programmation/evenement.html?evenement=314



Most frequently asked questions



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WHO CAN PRACTICE WUTAO ?

There is no age limit, no physical limitations either. Wutao is accessible to everybody interested to discover a way of moving and dancing respectful of the body.

WHAT TO WEAR ?

Flexible outfits are recommended in order to feel comfortable while practising.

WHERE TO PRACTICE ?

In the open air or inside, Wutao can be practised anywhere. Good quality wooden floors are the most appropriate support to practice Wutao on the Floor.

WHAT TYPE OF MUSICAL SUPPORT ?

Wutao goes well with meditative music, without repetitive bars so that everyone can explore and immerse themselves with their own internal music and rhythm.



Practising WUTAO

WHERE CAN WUTAO BE PRACTISED IN FRANCE ?

Centre Tao Paris is the heart of Wutao (www.centre-tao-paris.com) where daily classes are offered. In order to find out where classes, workshops and training courses are available in France, please access the list of all certified Wutao teachers through the official Wutao website : www.wutao.fr

WHERE CAN ONE TO BE TRAINED ?

The Wutao School is the training school to become a Wutao teacher. It has been created so that anyone wishing to immerse into the art and soul of Wutao could follow a continuous and thorough training. The Wutao School is located in Paris, Aix-en-Provence and Barcelona : www.wutao.fr



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Wutao is EXPANDING



©Imanou by Frédéric Villbrandt

EVENTS

Performances and workshops regularly occur in France and abroad : « Senses and Experience » Evening, National Day of QiGong, Feminine Festival, Festispirit, Féminaissance, Doula Day, Festival of Meditation, Meetings of Cultur'Elles Créatives, Salon Zen, salon Garden of Therapies, etc...

WUTAO WORLDWIDE

Wutao goes beyond the borders of metropolitan France. Workshops are taking place in Guadeloupe, Barcelona, Brussels, Montreal, Quebec, etc...

Artists from various nationalities (American, Italian, Russian, Indian, Swiss, etc...) have been trained in Wutao and are now roaming the world : Peter Adeley, David Poznanter, Jeanine Ebnöther, Giulio Vanzan, Shruti Mishra, etc...



Wutao in IMAGES

You can discover videos of Wutao accessing the Wutao website : www.wutao.fr

Numerous professional quality pictures are available for free upon request.

Please contact Cécile Bergecay, in charge of communications : cecile@wutao.fr

Meanwhile, here are some useful links :

Teaser : <https://www.youtube.com/watch?v=nQ8o20ZdMUo>

Wutao dream : <https://www.youtube.com/watch?v=4tE-EhjhyY>

Wave motion by Imanou : https://www.youtube.com/watch?v=5j_nesuIWzc

Fascias spiraling : <https://www.youtube.com/watch?v=R7DHYgvzI2g>

Rehearsal : <https://www.youtube.com/watch?v=jrnlrPsqfCQ>

Spreading the wings of the angels : <https://www.youtube.com/watch?v=rHC5RWefhI0>

And, for fun, the song of Wutao : https://www.youtube.com/watch?v=lzs-RqyQi_I

Media links :

Émission « Comment ça va bien ? » France 2 :

<https://www.youtube.com/watch?v=iyWNrqKm6WU>

Émission « Allô docteurs » France 5 : <https://www.youtube.com/watch?v=LnHqcU0HmVw>



THE BOOK OF WUTAO

By Pol CHAROY and Imanou RISSELARD, an illustrated guide showing the fundamental principles of Wutao, the 12 Basic Movements and the notion of Body Ecology, edited by Le Courrier du Livre.



On the WEB



www.wutao.fr

- CLASSES : in all regions
- WORKSHOPS : all the dates
- TRAINING : Paris
Aix-en-Provence - Barcelona
- VIDEOS
BILINGUAL WEBSITE
french-english



- Page : <https://www.facebook.com/pages/Wutao-pratiquer-l%27%C3%A9cologie-corporelle/165631753514214?fref=ts>
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