

To view the info for the upcoming One Day Retreat on 27 September, please click on this link:

<http://self-healing.co.nz/PDFs/General-info-FM-retreat-27-Sept.pdf>

To view the details of the previous retreat (29 August) you need to scroll down.



A Day with Yuan Gong

Full Moon Retreat

On-line / In-person

Full Moon - Saturday, 29 August (NZ date)

Led by Vlado Rashev

Dear Yuan Gong Students, Teachers, Fellow Practitioners and other interested Persons

The purpose of this one day event is to help us go deeper in our exploration of what Calm, Relaxed & Natural really means. To achieve a state deeper than what our usual 1-2 hour daily Qigong practice can bring us to.

Set a day aside and immerse yourself fully in the magical and mysterious world of Qi! Experience the pure bliss of 6+ hours of nourishing Yuan Gong practice - all Yuan Gong methods, all supplementary exercises, self healing, Q&As and tips for your practice.

And all of this within the Full Moon Qi-field of our growing Ren Xue community. Qi-field finely tuned and strengthened by Yuan Tze and supported by all of his students around the globe.

Have you ever done that much Yuan Gong practice within a single day? If you've done that, I am sure there is no need to convince you further. If you haven't, then now you have the chance to try it - make yourself a truly special present!

How can you participate?

- Online - you can do the whole retreat from the comfort of your own home. All you need is a relatively fast Internet connection and a computer 😊.
- In person - come to Qigong & Self Healing Centre and share the local qifield with Vlado and the rest of the participants here. Or you can do a combination of Online and In person sessions e.g. do the first morning session at your place, have a breakfast and come to the Centre for sessions 2 & 3, then go out for lunch and a short walk etc.
- Via on-line recordings - if you can't do the sessions live because of the time difference with New Zealand, you can follow the whole event by replaying the recordings of the sessions on one of the following few days - the qifield will still be there awaiting you to join 😊 (the recordings from all sessions will be available for online viewing till 6 Sep)

Who may attend?

- Absolute beginners as well as Qigong practitioners with no prior experience in Yuan Gong are very welcome. This event is an excellent opportunity to get a taste of the practice of Yuan Gong. Simple instructions will be given at the beginning of each session and all you need to do afterwards is to follow Vlado's demonstration.
- Yuan Gong practitioners who know one or more of the methods. If you fall into this category, this will be a great opportunity for you to go deeper in your Yuan Gong experience and see the effect of one whole day of practice. It's also an opportunity to try some of the methods you haven't learn yet.
- For the fellow Yuan Gong teachers this would be an excellent opportunity to explore further the mystery and magic of the Qifield, have fun and enjoy the abundance of practice and Qi ☺.

Main focus

The main focus of this Full Moon Retreat is the state. A state that can be described with three words only - CALM, RELAXED & NATURAL.



Sample/draft schedule (subject to change)

Please note this is only a draft version of the schedule to help you get an idea about the structure and content of the event. Both the activities and their corresponding times may change to reflect the changes in the qifield. The final version will be sent to you close to date.

NZ local times	Activities	Alternative activities
6:15am	get ready for the session	
6:30 - 7:30am	<u>Session 1</u> Squats + 2 x Tian Yuan	
7:30-8:45am	Breakfast + free time	
8:45am	get ready for the session	
9:00-10:30am	<u>Session 2</u> Short talk + selection of Yuan Gong exercises 😊	
10:30-11:00am	morning tea at the Centre	
11:00-12:00pm	<u>Session 3</u> Ren Yuan	
12:00-1:45pm	Lunch break + free time	
1:45pm	get ready for the session	
2:00-3:30pm	<u>Session 4</u> Still Qigong + Self Healing	
3:30-4:00pm	afternoon tea at the Centre	
4:30-5:30pm	<u>Session 5</u> Xia Yuan	Group Qi-therapy (via recording)
5:30-7:15pm	Dinner + free time	
7:15am	get ready for the session	
7:30-8:30pm	<u>Session 6</u> Tian Yuan + Di Yuan (15-10-5min); Closure	
8:30pm ---	Warm drink + Chat at the Centre	

DRAFT version

About the programme

There will be six live sessions for Yuan Gong practice + one bonus recording of a group healing. The programme will cover all main methods, supplementary exercises and self healing practices of Yuan Gong system. At the start of each session there will be time for Q&A. The practice of the methods and exercises will be preceded by simple instructions and tips relevant to what's going to be practiced.

All sessions can be attended without prior knowledge of the methods and exercises, the only exception being Xia Yuan (Session 5). Because of the complexity of Xia Yuan, it's not likely that one can benefit from its practice just by following the demonstration. So if you haven't learned Xia Yuan, I would suggest you do the group healing session instead (the recording will be made available in advance).

Please note that the purpose of doing so much practice in one day is not to make you exhausted or just for the sake of having a Yuan Gong marathon. Rather, it is to use the practice to keep drawing your consciousness inward and engaging it into activities that benefit your health, contribute positively to life and bring your state closer to what's described as CALM, RELAXED & NATURAL. You'll be constantly reminded to NOT overexert yourself and do all practices in a gentle and 'Qi-full' way.

On-line participation (live or via recordings)

All sessions of the event will be broadcast live via Internet. All you need is a broadband Internet connection and a computer. I'll send you a connection link 1-2 days prior the Full Moon Retreat along with detailed instructions of how to use the link. The connection will be one-way at video and audio level - you will be able to hear and see me but i won't be able to see, nor hear you. However with our collective effort and use of the qi-field we'll make possible a 2-way connection on the level of Qi and consciousness.

(you'll be able to ask your questions and give your feedback via text messages sent through the Chat panel of the broadcast web-site)

Here is a sample video to help you get an idea of the broadcast quality (note that there might be a short advertisement prior the demo so you may have to wait few seconds for the ad to finish):

<http://original.livestream.com/onlinelessonsinqigongsamplevideo>

All sessions will be automatically recorded and made available for replay soon after the end of the live broadcast. So no worries if you live overseas and some of the sessions happen during the night for you - you'll be able to do these sessions on the next day. If that's the case for you, I can suggest two different ways of doing the retreat:

1. Do as many live sessions as you can. Go to sleep at your usual bed time. On the next day continue with the recordings of the sessions that happened while you were in bed. After you've done all the sessions of the retreat you may decide to repeat some of

them or do some practice on your own so you get one entire day of Yuan Gong (rather than 2 halves).

2. Or you may start on the next day and do all 6 sessions in a row by using the recordings. Thus you'll be able to do the sessions at the time of the day they were intended for.

Attending the retreat in person

You can do all or any of the sessions in person at Qigong & Self Healing Centre. The address is:



61A York Street
Moera
Lower Hutt (NZ).

In order to keep the Qi-field stable, please make sure you arrive at least 15min prior the sessions and adjust you state as much as possible before entering the space of the Centre.

To help you experience a state deeper than usual, during the entire day (till the end of Session 6) the Centre will be made a "quiet zone", which means you talk only if it is necessary and you do it in a quiet and considering way.

Please note meals will not be offered at the Centre. However you are welcome to bring your own food and use the kitchen to warm it up. A selection of green, black, herbal and fruit teas will be at your disposal during the breaks.

After the last, 6th practice, all are invited to stay for a chat over a cup of warm drink 😊.

If you need a lift, do let me know and I'll check if anyone else is coming from your direction.

Fees

- No fee for local practitioners who are attending ***in person*** only the last, 6th session (if you wish to do this last session on-line, you need to register for the whole event)
- Fees for on-line or/and in-person participation (the whole event):
Note: the connection link to all 6 sessions + the bonus group healing recording will be sent to both online and in person participants. The recordings of all sessions will be available for replay online till the end of 6 September.
 - Level 2 Yuan Gong teachers: NZ\$10
 - People on low income: anything between NZ\$10 and NZ\$25 will be gratefully accepted - please use your own judgement to decide on the amount, thank you.
 - Regular cost: NZ\$25

For the ways to pay [click here](#) .

Note: The fee collected will be used to cover the cost for organizing the event. Any profit will go toward the [project for introducing Yuan Gong and Yuan Ming Medicine amongst the GPs/MDs/Medical Specialists](#). Donations of any amount will be gratefully accepted too.

Registration

Bookings are currently open. The number of the concurrent on-line participants is limited so do not delay you registration if you really wish to attend.

If you are a local practitioner and you are joining us **in person** and only for the last, 6th session, you can register by sending me an email or leaving a phone message (no need to fill in the rego form).

To register for the whole event please fill in the online registration form which you can access by clicking on the link below. If you have trouble accessing the link, let me know and we can do the registration over the phone, Skype or via email:

<http://goo.gl/forms/87N9AH0qFZ>

* Note your booking becomes valid only after your full payment is received ([ways to pay](#))

**** Don't forget to email us your photo - this will help us include you in the qifield**

*** You will receive the connection instructions, actual channel links and the final retreat programme via email about 1-2 days prior the event.

Cancellation & refunds

Should you cancel before 27 August, your payment will be refunded in full. Cancellations made on 27 August or later are non-refundable.

Further enquiries

Please contact Vlado on:

Phone: +64 (4) 970 6523, Email: vlado@self-healing.co.nz

Web-site: www.self-healing.co.nz

😊😊😊 I look forward to seeing you in the Full Moon Qifield 😊😊😊
 Brightest Qi,
 Vlado

