



## 3 Day Qigong & Ren Xue Retreat

Broadcast live from Riverslea Retreat, Otaki, New Zealand



**Thursday 7 August - Sunday 10 August 2014**  
 Taught by Shona Page and Vlado Rashev



### Dear Qigong Students, Fellows and other interested Persons

This information from Vlado and Shona is to let you know we are holding another 3 day Qigong and Ren Xue retreat in August (2014). Away from the city and close to nature, this time you'll have the opportunity to learn not only how to improve your Qigong practice but also enhance and transform all of your everyday life activities:

- ☉ *Is there a way you can do your work, meetings, everyday chores etc without getting tired?*
- ☉ *Is it possible to "Qigongize" the way you sit, walk, eat, sleep etc so you can relax and recharge even better than before?*
- ☉ *Can you transform your perception of reality so that every moment of your life can turn into an opportunity for spiritual growth?*

Well, join us at the retreat and you'll find out for yourself!

## Qifield

We will build on the qifield already developed through our own Qigong practice and learning with Yuan Tze, together with the qifield we have built through the previous retreats, group healing sessions, Qigong classes and Qigong courses. During the retreat we will constantly renew and strengthen the qifield with special information and pure Original Qi that can help participants bring their body and mind to a more calm, relaxed, natural and joyful state.

## Who may attend?

The retreat is open to everyone who has learned Tian Yuan, the first method of Yuan Gong. If you wish to attend the retreat but you have no experience in Yuan Gong, contact Vlado or Shona to discuss options for individual lessons in Yuan Gong prior the retreat. We can teach you either in person or on-line via Skype.

In preparation for the retreat we recommend everyone reads one or more of the Yuan Tze Ren Xue books, "Voyage to the Shore" parts 1-3 or "New Beginnings".

## Main focus & other activities

The main focus of the 3 Day Qigong Retreat is to develop and deepen your moment to moment awareness and expand this awareness on all levels of your being and to all of your everyday activities.

During the retreat activities will include:

- Practice of Tian Yuan and Di Yuan (the 1<sup>st</sup> and 2<sup>nd</sup> methods of Yuan Gong)
- Teaching and practice of Everyday Life Qigong techniques
- Practice of the Basic & Supplementary exercises of Yuan Gong and Zhineng Qigong
- Theoretical sessions (the theories behind Qigong and Ren Xue teachings - the art of life cultivation).
- Q&A sessions: You can prepare your questions in advance. If you wish, you can even email them to us in advance.
- Two group healing sessions for building a qifield to promote good health and a clear mind.
- Group discussions

| <b>A sample daily routine (in NZ time)</b>   |   |
|--|---|
| The programme with all session times and details will be emailed to you prior the retreat. |   |
| ~6:30am  | get up  |
| <b>Session 1</b>   | <b>Qigong practice</b>                          |
| ~8:00am  | breakfast                                       |
| <b>Session 2</b>   | <b>Ren Xue / Q&amp;A session</b>                |
|  | morning tea break                               |
| <b>Session 3</b>   | <b>Qigong practice / Qigong teaching</b>        |
| ~12:30pm   | Lunch + free time                               |
| <b>Session 4</b>   | <b>Qigong practice / Qigong teaching</b>        |
|  | afternoon tea break                             |
| <b>Session 5</b>   | <b>Qigong practice / Qigong teaching</b>        |
| ~6:00pm  | dinner  |
| <b>Session 6</b>   | <b>Qigong practice or Group Healing Session</b> |
|  | free time                                       |
| ~10:00pm   | bedtime   |

## Venue

*Riverslea Retreat, Otaki, New Zealand, [www.riverslearetreat.co.nz](http://www.riverslearetreat.co.nz)*

Although you will be attending online, you may still wish to visit the venue web-site to get an idea about and a feel for Riverslea Retreat and its beautiful environment. This may help you better tune in and connect with the amazing natural qifield there.

## Date

Thursday 7 August - Sunday 10 August 2014

First session: Group Healing on Thursday night 7 August

Last session: Session 4, Sunday 10 August

**NB! Please note all dates and times in this document are New Zealand local dates and times. If you live abroad, you will need to convert those into your local dates and times. For this purpose you can use the World meeting planner for New Zealand, here is the link:**

<http://www.worldtimeserver.com/meeting-planner.aspx?locationid=NZ>

## Connecting online - details

The connection will be one-way at video and audio level and two-way at consciousness level. In other words, you'll be able to see and hear us but we won't be able to see or hear you. With a joint effort though, we can connect on a consciousness level (*xin* connection) thus making everyone present in the qifield. Having your photo will help us better connect with you and bring you into the qifield.

We are also aware that for those of you who live abroad some of the sessions will be during the night. To compensate for this we will be recording all the sessions and the recordings will be available to you for replay within 2 hours of the completion of the real session. The recordings will be available for you to view during the month of August.

### Test run:

We have created a test channel and uploaded a few short sections of last year's sessions recorded at Riverslea Retreat which you can use to gauge how the broadcast will work with your computing equipment and internet connection and to get a taste of what it is like to participate on-line. Click on the link below to run the test.

[http://www.livestream.com/riverslea\\_test](http://www.livestream.com/riverslea_test)

### Technical requirements:

Please click on the link below to see the technical requirements for your PC or Mac. We advise you read the whole page as it will give you an idea of how to use the Livestream Player and adjust the volume and screen setting.

[http://www.livestream.com/userguide/index.php?title=Livestream\\_Player\\_Viewer\\_FAQ](http://www.livestream.com/userguide/index.php?title=Livestream_Player_Viewer_FAQ)

If you want to be absolutely sure that your computer and internet connection satisfy the requirements, we suggest you do the following:

- If possible, use a cable connection rather than a wireless connection (most wi-fi routers also have connectors for Ethernet cables)
- Check with your Internet provider as to what your download connection speed is. For a stable Livestream connection you need 700Kbps (0.7Mbps). You may check the speed yourself by going to <http://www.speedtest.net/> and clicking on BEGIN TEST (tip: before running the test we suggest you click on the world map somewhere near New York, especially if you live outside USA - thus your speed test will be closer to the real situation). Do not pay attention to any of the advertisements on that web-site that suggest this and that - you don't really need any of those.
- Watch the test recording. Ideally you should be able to watch the whole test without any interruptions, freezing of the image or blackouts.
- If you experience any trouble with the above or you are in doubt, please feel free to contact us and we'll try to help.

## Fees

The retreat programme offers 17 sessions of teaching, practice and distance group healings. The fee for online participation will help to cover the facilitation of these sessions as well as the setup expenses for the broadcast.

| Package description   | Price per person |
|---|------------------|
| <ul style="list-style-type: none"> <li>• <b>Standard fee</b> - online participation with a recorded playback option*</li> </ul>   | NZ\$170          |
| <ul style="list-style-type: none"> <li>• <b>Reduced fee</b> - online participation with a recorded playback option* (applies to teachers who have completed level 5 of the old, 8 level teacher training programme of Yuan Tze Centre)</li> </ul> | NZ\$85           |

\* the recordings of the sessions will be available for replay until the end of August 2014

## Booking

Bookings are currently open. Please book as soon as you know you can commit to the retreat - we need a certain number of people in order to proceed with the remaining preparations for the broadcast, thank you.

- To register 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 us know and we can do the registration over the phone or via email

<https://docs.google.com/spreadsheets/viewform?formkey=dE5aR050aGtRUXAtSUtzMDFwTWt3dIE6MA>

- **Please note your booking becomes valid only after we receive the full payment**
- 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, full retreat programme and handouts via email about 2 days prior to the event.

## Payment

You can pay by Direct Banking Transfer (telegraphic transfer), Cheque, Bank Draft, PayPal or Visa/MasterCard.

### On-line Banking/Direct Banking transfers/Telegraphic transfers:

Bank to bank transfer is the most suitable way of payment for NZ students ie using on-line banking.

If you are paying from abroad you will require the SWIFT code and address of the NZ bank to which you are transferring your payment. Some banks may also require a IBAN (International Bank Account Number). These details are listed below. You can make your payment to either of these accounts:

|                           |   |  |
|---------------------------|---|--|
| <b>Acc name:</b>          | Shona Page  | Self Healing Health Practice   |
| <b>Acc. #:</b>            | 06 0545 0228232 00  | 02 0500 0565614 00   |
| <b>SWIFT code:</b>        | ANZBNZ22  | BKNZNZ22   |
| <b>Banks address:</b>     | ANZ Bank Ltd<br>256 - 279 Jackson St<br>Petone, 5012<br>New Zealand | Bank of New Zealand<br>Wellington Store<br>38 Willis Street<br>Wellington, 6011<br>New Zealand |
| <b>IBAN(if required):</b> | 06 0545   | 02 0500  |
| <b>Reference:</b>         | Qigong retreat 7 Aug  | Qigong retreat 7 Aug   |

Cheques:

NB! If you are sending a cheque from overseas, please first check with your bank that these can be cleared in a New Zealand bank. Also note that foreign cheques should be in the currency of YOUR country, not in NZ\$

To calculate the fee for the retreat in your local currency, use the link below:

<http://finance.yahoo.com/currency-converter>

The postal addresses for sending cheques are listed below. You can make your payment to either Shona or Vlado:

|   |   |
|---|---|
| Shona Page<br>527 Adelaide Road<br>Berhampore<br>Wellington 6023<br>New Zealand | Vladimir Rashev<br>61A York Street<br>Moera<br>Lower Hutt 5010<br>New Zealand |
|---|---|

Bank Drafts

NB! Bank drafts should be in NZ\$.

The postal addresses for sending bank drafts are listed below. You can make your payment to either Shona or Vlado:

|   |   |
|---|---|
| Shona Page<br>527 Adelaide Road<br>Berhampore<br>Wellington 6023<br>New Zealand | Vladimir Rashev<br>61A York Street<br>Moera<br>Lower Hutt 5010<br>New Zealand |
|---|---|

PayPal payments:

To avoid unnecessary transaction fees, we ask you to use this means of payment only if the above listed methods are not an option, thank you. Please pay in NZ\$.

Addresses to send the money to: [shonapage@xtra.co.nz](mailto:shonapage@xtra.co.nz) or [vlado@self-healing.co.nz](mailto:vlado@self-healing.co.nz)

### Credit card payments:

You may pay by Visa or MasterCard. To avoid unnecessary transaction fees, we ask you to use this means of payment only if the above listed methods are not an option, thank you. To make a credit card payment, call Vlado on +64 4 970 6523 or send him your credit card details in two separate emails - the credit card number in one and the name on the card and the expiry date in the other.

### **Cancellation & refunds**

We are well aware that although we broadcast from Riverslea last year still there are many things (some of them out of our control) that may go wrong.

Please let us know if the connection quality was poor or if you were continuously experiencing technical issues during the sessions and you feel you haven't received what you were expecting from the retreat. We'll be happy to refund you the payment you made less the transaction fees we incur.

Should you cancel before 30 July, NZ\$20 of your payment will go to cover administration costs, and the rest will be refunded. Cancellations between 30 July and 5 August will be refunded minus NZ\$40. Cancellations after 5 August are non-refundable.

### **Further enquiries**

Please contact:

Vlado on +64 4 970 6523, [vlado@self-healing.co.nz](mailto:vlado@self-healing.co.nz) ([www.self-healing.co.nz](http://www.self-healing.co.nz))  
or Shona on +64 4 389 9016, [shonapage@xtra.co.nz](mailto:shonapage@xtra.co.nz)

😊 We both look forward to sharing the Riverslea Retreat Qifield with you 😊