



3 Day Qigong & Ren Xue Retreat

at 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.

In preparation for the retreat we recommend everyone reads one or more of 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.

Sessions in parallel will cater for the needs of students at different levels. We are planning to split some sessions so while the "old" students are practicing, new students can learn the first two methods of Yuan Gong. During the retreat activities will include:

- Teaching and practice of Tian Yuan and Di Yuan (the 1st and 2nd 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

A sample daily routine (subject to change)	
~6:00am	get up
Session 1	Qigong practice
~8:00am	breakfast
Session 2	Ren Xue / Q&A session / Qigong teaching
	morning tea break
Session 3	Qigong practice / Qigong teaching
~12:30pm	Lunch + free time
Session 4	Qigong practice / Qigong teaching
	afternoon tea break
Session 5	Qigong practice / Qigong teaching
~6:30pm	dinner
Session 6	Qigong practice or Group Healing Session
	free time
~10:00pm	bedtime

Venue

Riverslea Retreat,
733 Otaki Gorge Road, Otaki (www.riverslearetreat.co.nz)
Ph: (06) 364 3388

Riverslea is in the Otaki River Gorge, with the Tararua Ranges to the east and the Kapiti Coast to the west, 10kms from the town of Otaki. The property is surrounded by native bush with access to the Otaki River.

Date

Thursday 7 August - Sunday 10 August 2014
Arrive: Thursday 7 August between 5pm and 7pm
Depart: Sunday 10 August by 4pm (after session 4)

The retreat begins with a meal served between 6:30 and 7:30pm on Thursday evening followed by a group healing session, and ends with Session 4 on Sunday afternoon.

Fees for different accommodation options

Fees cover all necessary expenses including food, accommodation, facilities usage, teaching and the group healing sessions.

Bunk rooms have shared bathroom facilities. There is also one self contained 2-bedroom cottage with a double bed in one room and two single beds in the other.

Since the space practice is very limited (18 people only), priority will be given to those who register for the whole duration of the retreat (3 days). If you cannot attend all 3 days, you can still register (without paying any deposit) and we'll come back to you by Tuesday night 22 July to let you know if there is space left.

Package description	Price per person (Community Services Card holders' price)
• 3 full days, bunk room accommodation	\$490 (\$410)
Optional bedding (extra sheet, duvet, towel and soap)	\$15
• 3 full days, cottage room (1 person in a room)	\$670 (\$590)
Optional bedding (extra sheet, duvet, towel and soap)	\$15
• 3 full days, cottage room (2 persons in a room)	\$520 (\$440)
Optional bedding (extra sheet, duvet, towel and soap)	\$15

Each guest is supplied with a pillow, pillowcase & one flat, white sheet. All guests are to sleep on top of this white sheet even if they bring their own sleeping bag.

Bedding can be provided by the hosts as a one off additional charge of \$15.00pp (not \$15 per night). It includes an extra sheet, a duvet, towel and soap.

Children

Because of the nature of our activities, children will not be included in this retreat.

Telephone

There is Telecom cell phone coverage on the property and Vodafone coverage by the front gate. There is a landline phone (06 364 3388) that can be used in case of emergencies. The hosts are happy to take messages from callers and deliver them to the lodge

What you need to bring

- Bedding: Duvet/Sleeping Bag/Blankets/1 Single Sheet, Bath Towel (bring your own bedding or our hosts will provide bedding for \$15pp - as a one off charge)
- Warm clothing
- Personal toiletries (ear plugs may be useful if you share a room with a noisy sleeper!)
- Blanket for keeping warm during sitting practice
- Cushions for sitting practice (we'll provide mats for Qigong practice)
- Slippers or socks for main inside areas
- Hair dryers (if required)
- Torch (glow worms)
- Water bottle or thermos flask
- Mobile phones for incoming/outgoing calls. Telecom mobiles have a little more coverage than Vodaphone phones (coverage for Vodaphone cell phones is by the front gate).

Catering

All meals will be provided. The meals will consist of vegetarian food; vegan, dairy free and gluten free options will be available but please indicate your requirements when you book/fill in the registration form.

Hot drinks will be provided at morning and afternoon tea breaks. You may bring your own snacks if you require more than 3 meals a day.

Special Requirements

There will be no medical assistance on site. Those with difficulty in self-care or people whose health condition can be unstable or who need special care, please talk to one of us first.

Booking and Payment

Please note there are only 18 places in total, so don't delay your booking if you really wish to attend!

Bookings are currently open.

- To register please fill in the online registration form which you can access by [clicking on this link](#). If you have problems accessing the link, let us know and we can complete the registration over the phone or via email.
- **Your booking becomes valid only after we receive your deposit of \$80.** Please pay the remainder by 30 July.

Direct Banking transfers:

Acc. #:	06 0545 0228232 00	02 0500 0565614 00
Acc name:	Shona Page	Self Healing Health Practice
Reference:	Qigong retreat 7 Aug	Qigong retreat 7 Aug

Postal address for sending cheques:

Shona Page:	Self Healing Health Practice:
527 Adelaide Road	61A York Street
Berhampore	Moera
Wellington 6023	Lower Hutt 5010

Credit card payments:

You may also pay by Visa or MasterCard. Please note that paying by credit card will incur a 5% transaction fee on top of your total fee for the retreat. To make a credit card payment, call Vlado on (04) 970 6523 (+64 4 9706523 from overseas).

PayPal payments:

If none of the above options work for you, you can pay by PayPal. Please pay in NZ\$ and add any transaction fees on top of the amount you pay for the retreat (contact us if you are unsure how to do it).

Addresses to send the money to: vlado@self-healing.co.nz or shonapage@xtra.co.nz

Cancellation & refunds

Should you cancel before 30 July, \$10 of your payment will go to cover administration costs, and the rest will be refunded. Cancellations between 30 July and 3 August will be refunded minus the \$80 deposit. Cancellations after 3 August are non-refundable.

Donations

We welcome donations to help those Qigong students on low incomes and unable to pay the full retreat fee. In the past we have received such donations from generous students and each year have been able to sponsor another student who would otherwise not be able to attend the retreat.

Transportation and DirectionsDriving

Follow State Highway 1 until you reach Otaki Gorge Rd south of Otaki. The junction is 55 kms north of Wellington (95 kms south of Palmerston North if you are coming from north). Turn off at Otaki Gorge Road. Riverslea retreat is less than 10kms from the turn off, look out for the signs on the left.

Flying

Domestic flights are available from most main centers to the nearest airports i.e. Wellington, Paraparaumu and Palmerston North.

[Air New Zealand](#) | [Air 2 There](#) | [House of Travel](#)

If you require transport to Riverslea and back, please complete the relevant section on the registration form to let us know where you would like to be picked up from as well as the earliest time you can depart from that location, and we'll do our best to help you with that.



Further enquiries

Please contact:

Vlado on (04) 970 6523, vlado@self-healing.co.nz (www.self-healing.co.nz)
or Shona on (04) 389 9016, shonapage@xtra.co.nz



☺ We both look forward to seeing you at the Riverslea Retreat ☺