



**Qigong / Ren Xue retreat
7-10 August 2014 at
Riverslea Retreat, Otaki, New Zealand**

Daily Schedule (draft version)

Day 1 (NZ Thursday, 7 August)	
5:00-6:30pm	Arrival, registration and settling in
6:30-8:00pm	Dinner
8:00-9:30pm	Welcome & Building of the Qifield, Group Qigong Therapy Session (healing)
	free time
10:00pm	bedtime

Day 2 (NZ Friday, 8 August)

6:30am	get up
7:00am	<u>Session 1</u> Practice of Squats & Tian Yuan plus Rotate Hips/Rubbing Qi/Dantian breathing
8:10am	Breakfast
9:30am	<u>Session 2</u> Teaching & practice: Seated form; Comfortable cross-legged sitting form Comfortable loose sitting form & some hand forms Theory: Everyday Life Qigong as an important part of Ren Xue; The Three Unifications etc
11:00am	morning tea
11:30am	<u>Session 3</u> Practice of the 4 Basic Exercises or Short Body Mind form
12:30pm	Lunch
	free time
2:30pm	<u>Session 4</u> Practice of Tian Yuan + Di Yuan
4:00pm	afternoon tea
4:30pm	<u>Session 5</u> Teaching & practice: Qigong for a good night's sleep: Part 1 - how to prepare for sleep Part 2 - when already in bed
6:00pm	Dinner; free time
7:30pm	<u>Session 6</u> Teaching: Short talk on standing forms Practice of Tian Yuan & Di Yuan
9:00pm	free time
10:00pm	bedtime

Day 3 (NZ Saturday, 9 August)

6:30am	get up
7:00am	<u>Session 1</u> Practice of Squats + 2x Tian Yuan
8:10am	Breakfast
9:30am	<u>Session 2</u> Teaching & practice: Kneeling forms, Half Lotus Sitting Form & variations Theory: Being Calm, Relaxed and Natural (and Joyful) in every present moment Q&A's
11:00am	morning tea
11:30am	<u>Session 3</u> Practice of Tian Yuan + Di Yuan
12:30pm	Group photo; Lunch
	free time
2:30pm	<u>Session 4</u> Teaching & practice: Mouth Qigong, Breathing for Improving the Digestion, Gang-Fu-Zhong sounds, Tian Yuan or squats, Return Yang Form
4:00pm	afternoon tea
4:30pm	<u>Session 5</u> Practice of Tian Yuan & Di Yuan, finish with Yong Dong
6:00pm	Dinner; free time
7:30pm	<u>Session 6</u> Group Qigong Therapy Session (healing)
9:00pm	free time
10:00pm	bedtime

Day 4 (NZ Sunday, 10 August)

6:30am	get up
7:00am	<u>Session 1</u> Practice of Squats + 2x Tian Yuan + sitting Qigong with Dantian breathing
8:10am	Breakfast
9:30am	<u>Session 2</u> Teaching & Practice: Walking Qigong, standing postures Theory: More on how we can enhance and transform our everyday life activities and transcend their meaning, purpose and effect beyond the level of what's seen as ordinary everyday life; use them as an opportunity for spiritual growth. Q&A's
11:00am	morning tea
11:30am	<u>Session 3</u> Practice Push the Mountain or another standing form. Small Group Discussion: How we use everyday life Qigong in our everyday activities.
12:30pm	Lunch
	Pack luggage, clean up rooms
2:30pm	<u>Session 4</u> Practice: Qigong for better digestion, Tian Yuan & Di Yuan Closure
4:15pm	Departure