

One Day Retreat at Full Moon

A day with Yuan Gong, Ren Xue & Yuan Ming Medicine

On-line / In-person / via-Recordings

Sunday, 16 June (NZ date)

Led by [Vlado Rashev](#)



**Dear Yuan Gong Students, Teachers, Fellow Practitioners
and other Persons interested in the art of Qigong and Life Cultivation,**

It's my pleasure to invite you to yet another One Day Retreat filled with [Yuan Gong](#) practice, [Healing and Self Healing](#) and [Ren Xue](#) discussions ([click here for some of the testimonials](#)). The retreat will be conducted in the Global Yuan Gong Qifield of the next Full Moon - a Qifield finely tuned and strengthened by [Yuan Tze](#) and supported by all of his students around the globe.

The Theme of the Retreat Is:

Transforming the pattern of Stubbornness

The Goal of the Retreat Is:

To help you go deeper in your practice and gain more clarity about Yuan Gong, Ren Xue and life as a whole. To make the most of this opportunity, send us any questions you may have so we can discuss them together (your questions will remain anonymous).

If you have participated before, you may wish to jump straight to:

- [Discussion session topic](#)
- [Registration info](#)

If however this is your first time, I would recommend you to read this document in its entirety.

How you can participate

You can do the retreat in three different ways:

1. **Online** – you can do the whole retreat from the comfort of your own home. All you need is a computer and relatively fast Internet connection 😊.
2. **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 re-playing 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 the end of 24 June NZ time).

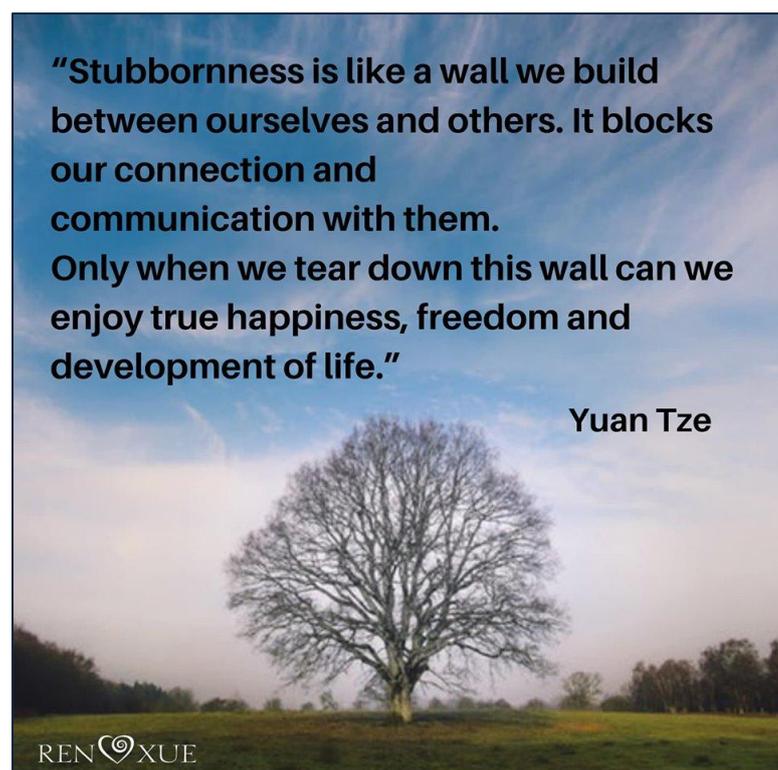
3. In person – come to Qigong, Self Healing & Life Cultivation Centre and share the local qifield with Vlado and the rest of the participants here. If coming to Tokoroa requires a longer trip, you are most welcome to arrive on the evening before the retreat and stay at Vlado's place for the night. There is space for 2 people.

Who may attend

- Absolute beginners as well as Qigong practitioners with no prior experience in Yuan Gong are most welcome. This event is a perfect opportunity to get a taste of the practice of Yuan Gong and learn about the philosophy behind. Simple instructions will be given at the beginning of each session and all you need to do is follow Vlado's demonstration.
- Practitioners who know one or more Yuan Gong 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 don't know yet and learn more about the teachings in Ren Xue.
- For the fellow Yuan Gong teachers, I hope this would be a very good opportunity to explore further the mystery and magic of the Qifield and the information it carries, contribute to the discussions, do some healing, have fun and enjoy the abundance of practice and Qi.

Main theme

Our new full moon theme is Transforming the pattern of Stubbornness.



Is this something you have been working on in your life? What progress have you made, what have you learned about yourself in the process? Is stubbornness a good or a bad thing?

If you have answers or comments to the above questions or you have questions on your own (on any topic, not only *stubbornness*), write them down and email them to me so we can put the information in the Qifield and let it mature while the moon is getting bigger (please note that the feedback and comments will be shared along with the name of the contributor; your questions however will remain anonymous).

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
6:50am click here for your local start time	Prepare for the session and get into a calm, relaxed & natural state - state of trust and openness; tune in to the global Ren Xue Qifield; Unify yourself with the information gratitude, love and Gongjing the Qifield radiates ☺.	
7:00am	Session 1 Connect to & strengthen the Qifield; Practice of Squats & Tong Yuan	
8:15am	Breakfast break	Individual healings
9:30am	Session 2 Practice of Tian Yuan + Group Xin-Qi Healing	
10:30pm	Morning tea break	Individual healings
11:00am	Session 3 Practice of Ren Yuan	
12pm	Lunch break + free time	Individual healings
1:25pm	adjust the state; get ready for the session	
1:30pm	Session 4 Ren Xue discussion (see the main theme on page 2) <i>email your questions / share your thoughts and stories in advance, especially if you are not able to join live)</i>	
2:30pm	afternoon break	Individual healings
3pm (till ~4:15pm)	Session 5 Practice of Di Yuan & Ling Yuan; Closure	

DRAFT version

About the programme

There will be five live sessions in total with:

- Yuan Gong practices
- Group Healing (Yuan Ming Medicine)
- Ren Xue discussion
- + individual healings during the breaks (optional)

The practice of the methods and exercises will be preceded by simple instructions and tips relevant to that practice. All sessions can be attended without prior knowledge of the methods and exercises.

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 and help achieve a higher level of unification and harmony in life. You'll be constantly reminded to NOT overexert yourself and do all practices in a kind, gentle and 'Qi-full' way.

In addition to the group sessions, you may also decide to request an individual healing from a qualified Yuan Gong teacher and therapist. You can receive healing either in person or from distance. The list of the teachers willing to give healing along with their contact details will be sent to everyone 2-3 days prior the retreat. To arrange an individual healing, you'll need to contact the teachers on the list directly.

If you are a qualified teacher yourself and you are willing to give healing please indicate this when filling the registration form (you need to have either YG level 3 or ZQ level 6 qualification for that).

On-line participation (live or via recordings)

Sessions 1, 2, 3 and 5 will be broadcast live via YouTube. All you need is a relatively fast Internet connection and a computer. You'll receive a connection links along with detailed instructions of how to use them one day prior the event.

Except for the discussion session (see below), the connection for the sessions will be one-way on video and audio level - you will be able to hear and see me but i won't be able neither 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 still be able to ask questions and give your feedback via text messages sent through the Chat panel on the broadcast web-site.

Connecting via ZOOM for the Discussion session (sess.#4) We'll make our discussion more interactive by taking advantage of the on-line meeting capabilities of Zoom. The connection for this session will be 2-way, audio and video. You'll be able to see and hear all of the participants and they will be able to see and hear you too.

However, sending your thoughts/questions on the discussion topic via email few days in advance and contributing this way to the session will be much appreciated. Your written input will not only enrich our discussion on the retreat day but will help you better connect with the Qifield prior the event. Being connected with the Qifield may yield for you surprising results on many levels, from increasing the state of wellbeing to getting useful insights and realizations about life.

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 **three 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 5 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.
3. **And here, in my opinion, your best option especially if you live overseas:** Do as many live sessions as you can. Go to sleep at your usual bed time. On the next day start again from Session 1, following the programme as close as you can and soaking as deep as you can into the Qi & Information of THE Field :).

Attending the retreat in person

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



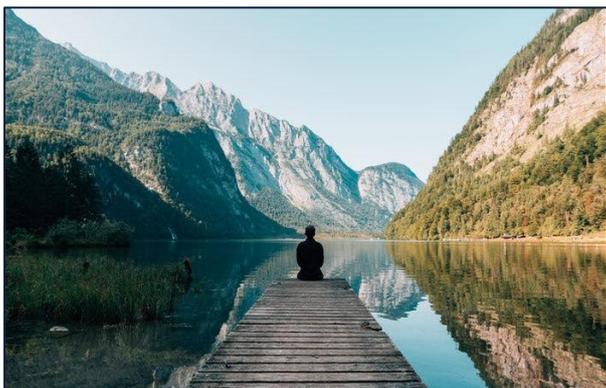
29 East Grampian Street, Tokoroa, South Waikato (NZ :).

In order to keep the Qi-field stable, please make sure you **arrive at least 15min prior the beginning of the sessions** and adjust your 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 5) 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 most welcome to bring your own food (or food to share) 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.

There are six (6) places for attending in person (at the Centre). Priority will be given to those whose intention is to attend at least 3 of the 5 sessions in person.



Tell yourself:

**I am ready.
I am ready to welcome a different 'me'
every day.**

Registration

Bookings are currently open.

To register (whether attending the live event or doing the retreat via recordings), please follow the four steps below:

1. Fill in the online registration form (follow the link below):

<https://forms.gle/2gsQhj4m1iGU8F2p7>

2. Pay your fee: There is a fee for attending the retreat, however the amount is not fixed. Feel free to pay/donate whatever amount feels right to you, considering your own situation. Contribution of any amount will be appreciated and accepted with Gratitude. To complete your registration *send your payment ideally one week in advance.*

★ **NEW:** now you can pay also in US\$ to our US bank account

To view the ways of payment, click on the link:

<http://www.self-healing.co.nz/90-Common-20-Payment-Methods---inf---.aspx>

3. Email your photo so Vlado can include it in the Xin-Qi-album he'll be creating for this event. We'll be using the album to help us better connect with each other and with the qifield of the event (you can skip this step if you've already sent your photo on a previous occasion).

4. Email your comments and stories on *stubbornness*. Also your questions on any other topics you may have so together we can try bringing more clarity to life (please note the feedback and comments will be shared along with the name of the contributor; your questions however will remain anonymous).

You will receive the connection instructions, the Qi-album, and the final retreat programme via email one day prior the event. **If you have registered but you haven't received the Final Instructions email by 3pm on 15 June (NZ time),** please contact Vlado straight away (there have been few cases when instruction emails have been delayed by the service provider).

Cancellation & refunds

Should you cancel before 20 Oct (NZ time), any payment you have made will be refunded in full. Cancellations made on 20 Oct (NZ time) or later are non-refundable.

Further enquiries

You can reach Vlado on +64 21 1404779 or email him on vlado@self-healing.co.nz
Web-site: www.self-healing.co.nz



I look forward to seeing you in the Full Moon Qifield
Bright Xin & Sparkling Shen,
Vlado



REN  XUE