

# One Day with Yuan Gong - Full Moon Retreat



Qigong & Self Healing Centre, Lower Hutt, NZ

NZ local times	Activities	Alternative activities
6:30am	get into a calm, relaxed & natural state; tune in to the qifield	
6:40am	<u>Session 1</u> Connect & strengthen the Qifield; Squats + Tian Yuan + Dantian Breathing	
<b>8-9am Breakfast + free time</b>		
9:00am	adjust the state; get ready for the session	
9:10am	<u>Session 2</u> Short talk + Q&A; Self healing; Qi & Shen exploration	
<b>10:30am morning tea at the Centre</b>		
11:00am	<u>Session 3</u> Ren Yuan	
<b>12-2pm Lunch break + free time</b>		
2:00pm adjust the state; get ready for the session		
2:10pm	<u>Session 4</u> Still Qigong	
<b>3:30pm afternoon tea at the Centre</b>		
4:15pm	<u>Session 5</u> Xia Yuan +	<b>Group Qi-therapy (via recording)</b>
<b>5:45-7:00pm Dinner + free time</b>		
7:00pm adjust the state; get ready for the session		
7:15pm	<u>Session 6</u> Tian Yuan + Di Yuan (15-10-5min); Closure	
<b>8:30pm --- Warm drink + Chat at the Centre</b>		