



Living in the NOW :)

One Day Retreat
with
Yuan Gong & Ren Xue

NZ local times	Activities	Alternative activities
8:00am	click here to calculate your local start time prepare for the session and adjust; get into a calm, relaxed & natural state - state of trust and openness; tune in to the global Ren Xue Qifield; Unify yourself with the present moment - feel gratitude, love and Gongjing;	
8:15am	Session 1 Connect & strengthen the Qifield; Practice of Squats and Tian Yuan; Unify & Synchronize Jing, Qi and Shen (group healing)	
9:50-10:30am	morning tea at the Centre	Individual healings
10:30am	Session 2 Q&A + Ren Yuan	
12-1:50pm	Lunch break + free time	Individual healings
1:50pm	adjust the state; get ready for the session	
2:00pm	Session 3 Still Qigong (using breathing, sounds, Tong Yuan)	
3-3:30pm	short break	Individual healings
3:30pm	Session 4 Ren Xue discussion on the topic of Living in the NOW <i>(email your questions/share your thoughts and stories in advance, especially if you are participating on-line and not in person)</i>	
4:30-5pm	short break	Individual healings
5:00pm (till ~6:20pm)	Session 5 Tian Yuan + Di Yuan (15-10-5min); Strengthening the positive information in your personal Qifield/law of life Closure	