

# Full Moon Retreat - Dec 2016

 Qigong & Self Healing Centre



<a href="#">New Zealand Times</a> <a href="#">click here to calculate</a> <a href="#">your local times</a>	Main Activities	Supplementary Activities
6:30am	get into a calm, relaxed & natural state; state of trust, openness, gratitude, love and gongjing; tune in to the global Ren Xue Qifield; connect with the information of Unconditional, Cosmic Love.	
6:40am	<u>Session 1</u> Connect & strengthen the Qifield; Practice Squats, Tian Yuan, Dantian Breathing	
8-9:10am	Breakfast + free time	Individual Healings
9:10am	adjust the state; get ready for the session	
9:15am	<u>Session 2</u> Short talk + Q&A; Guided practice for self healing	
10:30am	morning tea at the Centre	
11:00am	<u>Session 3</u> 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	<u>Session 4</u> Still Qigong (using breathing, sounds, Tong Yuan)	
3:00pm	short break	
3:30pm	<u>Session 5</u> Ren Xue discussion on the topic of Unconditional Love	
4:30pm	afternoon tea at the Centre	
5:00pm (till ~6:20pm)	<u>Session 6</u> Tian Yuan + Di Yuan (15-10-5min); Strengthening the positive information in your personal Qifield Closure	