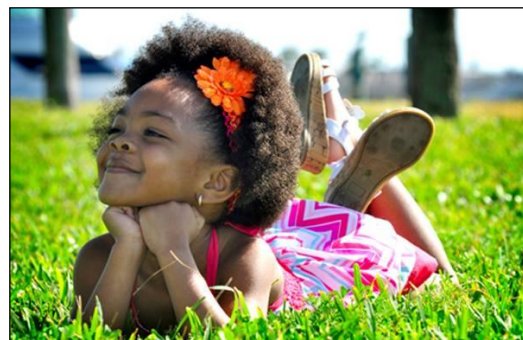


Full Moon Retreat - Jan 2017



Qigong & Self Healing Centre



New Zealand Times click here to calculate your local times	Main Activities		Supplementary Activities
6:30am	1) Get into a calm, relaxed & natural state of trust, openness, gratitude, love and gongjing; 2) Tune in to the global Ren Xue Qifield; 3) Connect with the information of Respect, Gratitude, Appreciation, Joy.		
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 --- Recognition and Celebration ---		
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		