

# Full Moon Retreat (19 June 2016)



Qigong & Self Healing Centre



| <b>New Zealand Times</b><br><a href="#">click here to calculate your local times</a> | <b>Main Activities</b>   | <b>Supplementary Activities</b> |
|--|--|---------------------------------|
| 6:30am   | get into a calm, relaxed & natural state; state of trust, openness, gratitude, love and gongjing; tune in to the qifield;  |                                 |
| 6:40am   | <u>Session 1</u> Connect & strengthen the Qifield;<br>Get into a state of Gratitude and practice Squats, Tian Yuan, Dantian Breathing  |                                 |
| 8-9:10am   | <b>Breakfast + free time</b>   | <b>Individual Healings</b>      |
| 9:10am   | adjust the state; get ready for the session  |                                 |
| 9:15am   | <u>Session 2</u> Short talk + Q&A; Using Gratitude for Self Healing  |                                 |
| 10:30am  | morning tea at the Centre  |                                 |
| 11:00am  | <u>Session 3</u> Q&A + Ren Yuan  |                                 |
| 12-1:50pm  | <b>Lunch break + free time</b>   | <b>Individual Healings</b>      |
| 1:50pm   | adjust the state; get ready for the session  |                                 |
| 2:00pm   | <u>Session 4</u> Still Qigong (5 Xin mantra; Tong, Ling, Qi)   |                                 |
| 3:00pm   | short break  |                                 |
| 3:30pm   | <u>Session 5</u> Ren Xue discussion on the topic of Gratitude<br>(feel free to email your questions/share your thoughts in advance, especially if you are participating on-line and not in person) |                                 |
| 4:30pm   | afternoon tea at the Centre  |                                 |
| 5:00pm<br>(till ~6:30pm)   | <u>Session 6</u> Tian Yuan + Di Yuan (15-10-5min);<br>Strengthening the information of Gratitude in your personal Qifield/law of life<br>Closure   |                                 |