



**Main focus:
Exploring and Brightening
our INNER LIGHT**

12 March (NZ date)
online / in person / via recordings

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| <p>New Zealand Times click here to calculate your local times</p> | <p>Main Activities</p> | | <p>Supplementary Activities</p> |
|--|---|-----------------------------------|--|
| <p>6:30am</p> | <p>Get into a calm, relaxed & natural state of trust, openness, gratitude, love and gongjing; Tune in to the global Ren Xue Qifield</p> | | |
| <p>6:40am</p> | <p>Session 1 Connect & strengthen the Qifield; Practice Squats, Tian Yuan, Dantian Breathing</p> | | |
| <p>8-9:10am</p> | <p>Breakfast + free time</p> | <p>Individual Healings</p> | |
| <p>9:10am</p> | <p>adjust the state; get ready for the session</p> | | |
| <p>9:15am</p> | <p>Session 2 Short talk + Q&A; Guided practice for self healing</p> | | |
| <p>10:30am</p> | <p>morning tea at the Centre</p> | | |
| <p>11:00am</p> | <p>Session 3 Q&A + Ren Yuan</p> | | |
| <p>12-1:50pm</p> | <p>Lunch break + free time</p> | <p>Individual Healings</p> | |
| <p>1:50pm</p> | <p>adjust the state; get ready for the session</p> | | |
| <p>2:00pm</p> | <p>Session 4 Still Qigong (using breathing, sounds, Tong Yuan)</p> | | |
| <p>3:00pm</p> | <p>short break</p> | | |
| <p>3:30pm</p> | <p>Session 5 Ren Xue discussion on the topic of --- INNER LIGHT ---</p> | | |
| <p>4:30pm</p> | <p>afternoon tea at the Centre</p> | | |
| <p>5:00pm (till ~6:20pm)</p> | <p>Session 6 Tian Yuan + Di Yuan (15-10-5min); Strengthening the positive information in your personal Qifield Closure</p> | | |