

full moon retreat (20 Mar 2016)



Qigong & Self Healing Centre, Lower Hutt, NZ

Trust



New Zealand Times click here to calculate your local times	Main Activities	Supplementary Activities
7am	get into a calm, relaxed & unified state; tune in to the qifield	
7:10am	<u>Session 1</u> Connect & strengthen the Qifield; 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; Qi-therapy/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 the breathe and the ancient Six Healing Sounds)	
3:00pm	short break	
3:30pm	<u>Session 5</u> Ren Xue discussion on the topic of TRUST (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 (till ~6:30pm)	<u>Session 6</u> Tian Yuan + Di Yuan (15-10-5min); Strengthening the information of Trust and Positivity in your personal Qifield/law of life Closure	