

Yuan Gong & Ren Xue Retreat at Full Moon



Main focus:
the Heart and its ability to
experience Inner Joy

Yuan Gong,
healing & self healing,
Ren Xue discussions

14 May (NZ date)
online / in person / via recordings



New Zealand Times click here to calculate your local times	Main Activities	Supplementary Activities
6:30am	Get into a calm and relaxed state of trust, openness, gratitude, love and gongjing; Tune in to the JOY in global Ren Xue Qifield	
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 break	
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 --- INNER JOY ---	
4:30pm	afternoon tea break	
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	