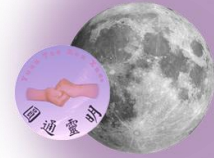


Full Moon Retreat (22 May 2016)



Qigong & Self Healing Centre, Lower Hutt, NZ



New Zealand Times click here to calculate your local times	Main Activities		Supplementary Activities
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; Squats, Tian Yuan (exchange Qi of love with the universe), 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; Open the Heart Gate; Qi-therapy		
10:30am	morning tea at the Centre		
11:00am	<u>Session 3</u> Q&A + Ren Yuan (love your body)		
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 breath and the ancient Healing Sounds to strengthen the essential quality of love inside us)		
3:00pm	short break		
3:30pm	<u>Session 5</u> Ren Xue discussion on the topic of true love (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 Love and Self Love in your personal Qifield/law of life Closure		