

Full Moon Retreat (24 Jan 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 & unified state; tune in to the qifield			
6:40am	Session 1 Connect & strengthen the Qifield; Squats + Tian Yuan (focus on the physical body) Tian Yuan (focus on Oneness with the original Qi) Dantian Breathing (focus on the state)			
8-9am	Breakfast + free time		Individual Healings	
9:00am	adjust the state; get ready for the session			
9:10am	Session 2 Short talk + Q&A; Yi-Qi Therapy/Self Healing			
10:30am	morning tea at the Centre			
11:00am	Session 3 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	Session 4 Still Qigong (using the breathe and the ancient Six Healing Sounds)			
3:00pm	short break			
3:30pm	Session 5 Ren Xue discussion on the topic of ONENESS (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)	Session 6 Tian Yuan + Di Yuan (15-10-5min); Building a Qi-field for 2016 ☺. Closure			