

# 25 October - Full Moon Retreat



Qigong & Self Healing Centre, Lower Hutt, NZ



<p><b>New Zealand Times</b>  <a href="#">click here to calculate your local times</a></p>	<p><b>Activities</b></p>
6:30am	get into a calm, relaxed & unified state; tune in to the qifield
6:40am	<p><b>Session 1</b> Connect &amp; strengthen the Qifield;                      Squats + Tian Yuan (focus on Xing)                      Tian Yuan (focus on Qi)                      Dantian Breathing (focus on the state)</p>
8-9am	<b>Breakfast + free time</b>
9:00am	adjust the state; get ready for the session
9:10am	<p><b>Session 2</b> Short talk + Q&amp;A; Healing of the Self; Unifying consciousness and Qi with the best intention and healing information</p>
10:30am	<b>morning tea at the Centre</b>
11:00am	<p><b>Session 3</b> Q&amp;A + Ren Yuan (using Xin Fa to unify Jing, Qi &amp; Shen)</p>
12-1:50pm	<b>Lunch break + free time</b>
1:50pm	adjust the state; get ready for the session
2:00pm	<p><b>Session 4</b> Still Qigong (using the breathe and the Six Healing Sounds to unify consciousness with Qi)</p>
3:00pm	<b>short break</b>
3:30pm	<p><b>Session 5</b> Ren Xue discussion on the Three Unifications</p>
4:30pm	<b>afternoon tea at the Centre</b>
<p>5:00pm (till ~6:30pm)</p>	<p><b>Session 6</b> Tian Yuan + Di Yuan (15-10-5min); Focus: unify Shen with the best possible state; Joy opening the Heart naturally; Closure</p>