

A Day with Ren Xue at Full Moon



Qigong & Self Healing Centre, Lower Hutt, NZ



NZ local times (Daylight Saving Time)	Activities
7:30am	get into a calm, relaxed & natural state tune in to the qifield
7:40am	Session 1 Connect & strengthen the Qifield Squats + Tian Yuan + Dantian Breathing
9-10am	Breakfast + free time
10:00am	adjust the state; get ready for the session
10:05am	Session 2 Short talk + Q&A; Yi-Qi Therapy; Qi & Shen exploration
11:30am	morning tea at the Centre
12:00am	Session 3 Ren Yuan
1-2:45pm	Lunch break + free time
2:45pm	adjust the state; get ready for the session
2:50pm	Session 4 Still Qigong (using the Six Healing Sounds)
3:50pm	short break
4:15pm	Session 5 Ren Xue discussion on: BEING TRUE
5:15pm	afternoon tea at the Centre
5:45pm	adjust the state; get ready for the session
5:50pm (till ~7pm)	Session 6 Tian Yuan + Di Yuan (15-10-5min); Closure