



**Qigong / Ren Xue retreat
31 May - 3 June 2013 at
Riverslea Retreat, Otaki, New Zealand**

Daily Schedule

Day 1 (NZ Friday, 31 May)	
5:00-6:30pm	Arrival, registration and settling in
6:30-8:00pm	Dinner
8:00-9:30pm	Welcome & Group Qigong Therapy Session (healing)
	free time
10:00pm	bedtime

Day 2 (NZ Saturday, 1 June)

6:30am	get up
7:00am	Session 1: Practice of Squats, Stretching Qi and LQUPQD
8:10am	Breakfast
9:30am	Session 2: Theory; Theories behind Qigong, general Ren Xue (RX) teachings, discuss the Art of Life Cultivation, intro to healing sounds of ZQ
11:00am	morning tea
11:30am	Session 3: Practice; a few minutes of dynamic Qigong Teach; RPOQH (Heart) <ul style="list-style-type: none"> - Hunyuan Qiao (HyQ); ling-ling; er-wong-qing; - The Heart: hand postures, emotions, sounds - theory & practice
12:30pm	Group photo; Lunch
	free time
2:30pm	Session 4: Teach; RPOQH (Kidneys and Spleen) <ul style="list-style-type: none"> - The Kidney, The Spleen: hand postures, emotions, sounds - theory & practice Practice; a few minutes of dynamic Qigong Teach; RPOQH (Liver) <ul style="list-style-type: none"> - The Liver: hand postures, emotions, sounds - theory & practice
4:00pm	afternoon tea
4:30pm	Session 5: Practice; the Body Mind form and leading along Jingmai
6:00pm	Dinner; free time
7:30pm	Session 6: Short talk: 3 Centers Merge Standing form (3CM) at HyQ Q&As Practice (Squats, Stretching Qi & 3CM at HyQ)
9:00pm	free time
10:00pm	bedtime

Day 3 (NZ Sunday, 2 June)

6:30am	get up
7:00am	Session 1: Practice of the 4 Basic Exercises
8:10am	Breakfast
9:30am	Session 2: Theory (Emotions - connection between pure Qi of internal organs & emotions, effect of different emotions on our health and mental state, connection between the emotions and the patterns of the consciousness, how to cultivate emotions to bring more harmony to our lives) Q&As
11:00am	morning tea
11:30am	Session 3: Teach; RPOQtoH - points, first half of the form (the movements)
12:30pm	Lunch
	free time
2:30pm	Session 4: Practice; (still qigong, including organ sounds, postures and emotions) Teach; RPOQH (Lungs) - The Lungs: hand postures, emotions, sounds - theory & practice Practice; Few minutes of dynamic Qigong
4:00pm	afternoon tea
4:30pm	Session 5: Teach; RPOQtoH - second half of the form
6:00pm	Dinner; free time
7:30pm	Session 6: Group Qigong Therapy Session (healing)
9:00pm	free time
10:00pm	bedtime

Day 4 (NZ Monday, 3 June)

6:30am	get up
7:00am	Session 1: Practice; Basic exercises and RPOQtoH
8:10am	Breakfast
9:30am	Session 2: Theory; (Self healing and healing the self, taking RX teachings into everyday life including how to practice what we have learned this weekend, elevating life as a whole) General Q&As if there's time
11:00am	morning tea
11:30am	Session 3: Q&As Practice; RPOQtoH more Q&As
12:30pm	Lunch
	Pack luggage, clean up rooms
2:30pm	Session 4: Practice; (still qigong, including organ sounds, postures and emotions, some bow body or squats in the middle) Practice: RPOQtoH Closure
4:15pm	Departure