

Yuan Qigong & Healing Retreat 26 - 30 June 2018

Day 1 Tuesday 26 June

12:00-13:00	<i>Lunch</i>
13:30-15:00	Wellcome greetings, responsible persons, rules etc. Good standing posture, relaxation, Tian Yuan (Gather energy) Simple theory about Qi and matter
15:00 -15.45	<i>Tea Pause receive room keys etc</i>
15:45-17.30	Tian Yuan (Gather Energy) theory about Qi-field
17:30-19:00	<i>Dinner</i>
19:00-20:15	Tian & Di Yuan (Gather and Retaining Energy) Qi-healing

All training and lectures take place in the gymnasium.

- • Please come 5 minutes earlier, visit the restrooms in good time before starting.
- • Not to interfere with others; ascent no earlier than 6:30 and bedtime no later than 22:00.
- • Set yourself in a calm, relaxed and attentive state.
- • Please respect silence in the Training hall.

Day 2 Wednesday 27 June

7:00 -8:00	Tian & Di Yuan (Gather & Retaining Energy)
8:00-9:15	<i>Breakfast</i>
9:15-12:00	Theory of Qi, consciousness and Ren Yuan Ren Yuan (Unifying Mind-Energy-Body) One pause included
12:00-13:30	<i>Lunch</i>
13:30-15:00	Ren Yuan (Unifying Mind-Energy-Body)
15.00-15.45	<i>Afternoon tea</i>
15:45-17.30	Ren Yuan (Unifying Mind-Energy-Body)
17:30-19:00	<i>Dinner</i>
19:00 – 20:15	Tian Yuan, Di Yuan (Gather and Retaining Energy) Basic theories for Qi-healing. Perform Qi-healing

Day 3 Thursday 28 June

7:00 – 8:00	Tian & Di Yuan (Gather and Retaining Energy) + Pulling Qi
8:00-9:15	<i>Breakfast</i>
9:15 -12:00	Ren Yuan (Unifying Mind-Energy-Body), Theory using of consciousness in Ren Yuan. One pause included
12:00 – 13:30	<i>Lunch</i>
13:30-15:00	<i>Theory overview consciousness, Qi, Qi-field, totality, Xin (heart qualities)</i>
15.00-15.45	<i>Afternoon tea</i>
15:45-17.30	Practice Ren Yuan (Unifying Mind-Energy-Body) Gather questions to Yuan Tze from students
17:30-19:00	<i>Dinner</i>
19:00 – 20:15	Tian & Di Yuan (Gather and Retaining Energy) Qi-Healing

Day 4 Friday 29 June

7:00 -8:00	Ren Yuan (Unifying Mind-Energy-Body)
8:00-9:15	<i>Breakfast</i>
9:15-10:30	Lecture by Yuan Tze based on questions
10:30 -11:00	Pause / Tian Yuan
11:00-12.00	Lecture Yuan Tze - continued
12:00-13:30	<i>Lunch</i>
13:30-15:00	Ren Yuan (Unifying Mind-Energy-Body) – form improvement
15.00-15.45	<i>Afternoon tea</i>
15:45-17.30	Practice Ren Yuan (Unifying Mind-Energy-Body)
17:30-19:00	<i>Dinner</i>
19:00-20:15	Tian & Di Yuan (Gather and Retaining Energy) Qi-Healing - Yuan Tze

Day 5 Saturday 30 June

7:00 - 8:00	Practice Ren Yuan (Unifying Mind-Energy-Body)
8:00 - 9:15	<i>Breakfast</i>
9:15-10:30	Lecture with Yuan Tze
10:30 -11:00	Pause
11:00-12:00	Lecture with Yuan Tze
12:00-13:30	<i>Lunch</i>
13:30-15:00	Xia Yuan (Strengthening Organs) - overview, sounds, hand-forms
15.00-15.45	<i>Afternoon tea</i>
15:45-17.30	Practice Ren Yuan (Unifying Mind-Energy-Body)
17:30-19:00	<i>Dinner</i>
19:00-20:15	Second part of the retreat. Welcome talk - (YT, Melissa) Qi-Healing - Yuan Tze