

Yuan Qigong & Healing Retreat 30 June - 8 July 2018

Day 1 Saturday 30 June

15:00 - 17:00	Check in - Stone House (Sten Huset) Reception 报道
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Short information to the participants * 简单介绍活动规则 Opening talk & Qi-Healing with Yuan Tze 圆子开场及气治疗

Trainings and lectures will be in the training hall.

- Please arrive 5 minutes earlier and visit the toilets in time before the start of all sessions
- Please be quiet if you wake up earlier than 6:30 and go to bed later than 22:00 so others are not disturbed.
- Put yourself in a calm, relaxed and attentive state.
- Please respect the need for silence in the Training hall.

Day 2 Sunday 1 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Lecture Yuan Tze (Retreat goals) 圆子讲课 (活动目标)
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Lecture Yuan Tze 圆子讲课(Patterns)
12:00 - 13:30	<i>Lunch</i>
13:30 - 15:00	<i>Ren Yuan form adjustment in groups 人圆小组规范</i>
15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	<i>Ren Yuan form adjustment in groups 人圆小组规范</i>
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Yuan Tze talk & Qi-Healing 圆子气治疗

Day 3 Monday 2 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body)
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Teachers' Presentation – Introduction to Human nature, development of Patterns, 10 important patterns (Chapter 1: sections 1-11)
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Teachers' Presentation continued
12:00 - 13:30	<i>Lunch</i>
13:30 - 15:00	<i>Teaching Xia Yuan (Strengthen Organs) 下圆教学</i>
15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	<i>Teaching Xia Yuan (Strengthen Organs) 下圆教学</i>
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Group work: Individual goals for the retreat 小组活动: 分享个人活动目的 Group Healing led by Yuan Tze

Day 4 Tuesday 3 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Teachers' Presentation — Theory of Ling Yuan method (Chapter 13, 14)
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Teachers' Presentation — Theory of Ling Yuan method (Chapter 13, 14)
12:00 - 13:30	<i>Lunch</i> (Collect patterns questions on paper from students) 收集问题
13:30 - 15:00	Theory of Ling Yuan method continued, Trying Ling Yuan Method.
15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	Xia Yuan (Strengthening Organs) – Follow up, Practising 下圆
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Tian Yuan (Gather Energy) 天圆地圆 Qi-Healing with Yuan Tze 圆子气治疗

Day 5 Wednesday 4 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Lecture on Ling Yuan (Awakening True Self) Yuan Tze (video Norberto interview). 圆子讲课—灵圆(Norberto 故事)
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Response to participant questions from Day 4, if necessary 如必要, 回答前天的问题
12:00 - 13:00	<i>Lunch</i> <i>Collect Ling Yuan questions on paper from students</i> 收集有关灵圆问题
13:00 - 14:00	Look at the castle / Pause
14:00 - 15:00	Ren Yuan (Gather Energy) 天圆
15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	Preparation for Ling Yuan Meditation in group form 准备灵圆小组练功 Scenario involving patterns 模式情景 Ling Yuan meditation in group form 灵圆小组练功
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Xia Yuan (Strengthening Organs) 下圆 Qi-Healing with Yuan Tze 圆子气治疗

Day 6 Thursday 5 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Lecture Yuan Tze 圆子讲课 Response to remaining participant questions from day 4 回答第四天剩下的问题
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Lecture Yuan Tze 圆子讲课
12:00 - 13:30	<i>Lunch</i> <i>Collect other types of questions on paper from students 收集其他问题</i>
13:30 - 15:00	Scenario involving patterns 模式情境 Ling Yuan meditation in group form 灵圆小组练功
15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	Xia Yuan (Strengthen Organs) Yuan Tze talk + Qi-healing Yuan Tze 圆子讲课及气治疗
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Entertainment 娱乐

Day 7 Friday 6 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Lecture Yuan Tze 圆子讲课 Response to participant questions from day 5 回答第五天收集的问题
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Lecture Yuan Tze 圆子讲课
12:00 - 13:30	<i>Lunch</i>
13:30 - 15:00	Understanding the body as a “whole”, Jan Englund
15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	Scenario involving patterns 模式情境 Ling Yuan meditation in group form 灵圆小组练功
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Xia Yuan (Strengthen organs) 下圆 Group Talk and Group Healing led by teachers

Day 8 Saturday 7 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	Lecture Yuan Tze 圆子讲课
10:30 - 11:00	Pause / Tian Yuan (Gather and Retain Energy) 天圆
11:00 - 12:00	Lecture Yuan Tze 圆子讲课
12:00 - 13:30	<i>Lunch</i>
13:30 - 15:00	Photo, Cloud walking, Enjoying Nature together 照相, 云端漫步, 散步

15:00 - 15:45	<i>Afternoon Tea</i>
15:45 - 17:30	Scenario involving patterns 模式情境 Ling Yuan meditation in group form 灵圆小组练功
17:30 - 19:00	<i>Dinner</i>
19:00 - 20:15	Tian & Di Yuan (Gather and Retain Energy) 天圆地圆 Qi-Healing with Yuan Tze 圆子气治疗

Day 9 Sunday 8 July

07:00 - 08:00	Ren Yuan (Unifying Mind-Energy-Body) 人圆
08:00 - 09:15	<i>Breakfast</i>
09:15 - 10:30	"Reviewing our journey together" Yuan Tze 回顾 (圆子)
10:30 - 11:00	Pause / Tian Yuan (Gather Energy) 天圆
11:00 - 12:00	Ending – "Take home messages" Yuan Tze 结尾临别赠言
12.00 – 13.30	<i>Lunch</i>

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- Information - Wik venue, Reception office, Representatives to help with needs/ problems.
- Overview of the programme
- Overview of the list for group activities – subjects, participant names/ Group numbers
- Documentation of methods, key concepts, books & DVDs/CDs sale etc
- Safety Disclaimer to sign