

**Thursday Evening, 22 March (Teachers only) Preparing for the
Retreat**

Time	Main Practice Hall
5pm onwards	Arrival, Registration Verena
6.00-7.30pm	Dinner (potluck dinner)
7.30-8.30 pm	Settle in, preparation of practice room
8.30-9.30 pm	Qi field building for the retreat, Information for smooth transformations and restful sleep Johnny

Day 1: Friday, 23 March

Time	Main Practice Hall	Chapel meeting room
6.40-7.40 am	Practice: Ren Yuan (No.18) Johnny	
7.40-9.00 am	Registration Verena and Gill Breakfast	
9.00-10.30 am	Opening: Verena: opening and health/safety/introduction teachers Jay: benefit Qigong and history Qigong Dorrie: benefit and Ren Xue	
10.30-11.00 am	Tea break	
11.00-12.30 am	Teaching squats if necessary Qigong practice no 5 Squats, Tian and Di Yuan (55 min)/ or Xia Yuan: Depending on group Johnny	Teaching of First method Tian Yuan TBC
12.30-2.15 pm	lunch 1.30-1.45 pm: & 1.45-2.00 pm: healing/ or counselling with teacher	
2.15-3.30 pm	Overview of Heart qualities and practise Tong yuan: Trust Still Qigong practise: Dantian breathing, rubbing Qi. At the end of the session sitting dantian breathing. Ollie	Teaching Squats & Di Yuan (time left: Tian yuan) TBC

3.30-4.15 pm	Tea Break	
4.15-5.30 pm	<p>Patterns: what are patterns, how to work on them; awareness about it and explain function of brain; steps to work on them.</p> <p>Group discussion</p> <p>Next year we will teach 10 fundamental patterns. Tie back to heart</p> <p>Jay and Dorrie</p>	
5.30-7.30 pm	Dinner break	
7.30-8.45 pm	<p>Short talk and practise learned from this day:</p> <p>Practise Tian Yuan & Di Yuan (no.2) 37 min. After this quietly sitting/dantian breathing</p> <p>Verena or Johnny</p>	
8.45-9.45 pm	Free time, lights out 10 pm	

Day 2 Saturday 24 March

Time	Main Practice Hall	Chapel meeting room
6.40-7.40 am	Squats no 5 (opening/preparation and squats 20 min) and Tian Yuan on music no 10 (39 min) Verena	Beginners practice depending on people arriving for one day only. Jay
7.40-9.00 am	Breakfast	
9.00-10.30 am	The Heart: explain 5 xin qualities/ info about how to open your heart/ what does this mean in daily life?: listen to Open-ness Jay/Ollie	
10.30-11.00 am	Tea Break	
11.00-12.30 pm	Practice: Ren Yuan no 17 (69 minutes) Robert	Teaching new beginners Dorrie/Bridget
12.30-2.15 pm	Lunch 1.30-1.45 pm: & 1.45-2.00 pm: healing/ or counselling with teacher	
2.15-3.30 pm	Explanation building Qi fields/practise with pulling Qi/ how to include them in your daily life. supplementary practise walking on clouds. Verena and Johnny	Teaching new beginners Dorrie/Bridget
3.30-4.00 pm	Tea break/ beginning Biguan	
4.00-5.30 pm	Small group activity; repetition patterns from Friday and how do you plan to work on patterns	

	<p>in your daily life/ give examples/ repeat steps to take (in combination with RenXue 12345 model/Qi depletion</p> <p>Ollie/Dorrie</p>	
5.30-7.30 pm	Dinner break	
7.30-8.45 pm	<p>Group healing</p> <p>Tong Yuan Practise: Love</p> <p>Jay</p>	
8.45-9.45 pm	Free time, Lights out 10 pm	

Day 3 Sunday 24 March

Time:	Main Practice Hall	Chapel meeting room
6.40-7.40 am	Qigong practice: squats, Tian yuan, Di Yuan No.5 Kirsty	Beginners practice depending on people arriving for one day only. TBC
7.40-9.00 am	Breakfast & cleaning of rooms	
9.00-10.30 am	Ending Bi guan Panel discussion How to make progress from now; 1) integrate practise 2) working on patterns 3) working on heart qualities into your daily life. Johnny, Jay, Dorrie, Ollie, Verena	
10.30-11.00 am	Tea break	
11.00-12.30pm	Qigong practise Ren Yuan No: 18 (54 min.) Glenn	Practise beginners class Johnny
12.30-2.00pm	Lunch & final clean up	
2.00-3.00 pm	Reviewing weekend, share experiences and final inspirations Jay, Dorrie, Verena	