

NZ / Aotearoa Yuan Gong Retreat
20 - 26 May 2018

Day 1: Sunday, 20 May

Harmony

3 - 5.30pm	Arrival, registration and settling in
5.30 - 7pm	Dinner & Free time
7 - 8.45pm	Welcome & Qi healing
8.45pm	freetime
9.30?	Qifield building team works on Qifield by putting in specific info for the benefit of all eg 'good night sleep'; transformations are happening smoothly etc Everyone is Welcome
9.45pm	Bedtime

Day 2: Monday , 21 May

TRUST
Concurrent Session

6am	Get up	
6.30	Teacher of the day introduces him/herself through a (personal) reflection on today's heart quality-trust	
6.35am (1h 10)	<u>Practice:</u> - 20 squats, 1 st method (Tian Yuan) from CD 10 and 16 min 2 nd method (Di Yuan) from CD 5 (70min)	Tuition: Tian Yuan & Di Yuan
7.45am (1h 15)	Breakfast & free time	(7.40) Teachers' meeting
9am (1h 30)	<p><u>Ren Xue / Qigong theory: Setting the scene.</u> Explain: the Ren Xue perspective we will take for the week and why; the roots of Ren Xue (including links with modern science). Acknowledge that all Teachers will talk about Ren Xue from their own perspective & learning & how this will resonate in different ways in different people, yet this still won't be the complete picture. Talk about the best way in which to approach learning this week & why; about how the group sometimes splits - why & options new students have within that (eg could choose to just focus on learning method 1 & 2 and not 3. Remind: people to practice according to their own level. During lectures if sitting is a bit long you can practice at the back of the room. Explain why we are not offering method 4.</p> <p>How we will approach working on the patterns this week (how we will introduce it, role of small group sharing.)</p> <p>Explanation of some Ren Xue words we'll be using: Shen, Yi, Xin, Qi etc</p> <p>Talk about option individual Qi therapy or counselling.</p>	
10.30 (30min)	Morning tea	

11 am (1h 30m)	Form review as a whole group led by 2 Teachers: 3 rd Method (Ren Yuan)	Tuition Learn Ren Yuan: Part 1
12.30-2.10 (1h40m)	Lunch & free time	
Optional: 1.30-2.00	Optional: Individual Qi therapy or counselling with a teacher	
2.15pm (1h15min)	Patterns of consciousness - what are they what are they, how are they formed, why we need to adjust them etc. Jackie: the brain & how patterns are formed physiologically / neurologically	
3.30 (45 mins)	Afternoon tea	
4.15 -6.00	How to change patterns: Including the RX 12345 Model of how to change patterns Group discussion: a pattern you have successfully changed for the better- what was it, how did you do it?	
6pm (1h 30)	Dinner & free time	
7.30pm (1h 15)	Short review of the day <u>Practice:</u> Ren Yuan 45 min 8.15-8.20 Tong Yuan 8.20 - 8.45: sitting & danian breathing/ lying form (review how to do)	Tuition: Learn Ren Yuan: Part 2
8.45pm 8.50?	Free time	
9.30?	Qifield building team continues to strengthen retreat Qifield Everyone is Welcome	
9.45pm	Bedtime	

Day 3: Tuesday 22 May

OPENNESS

Concurrent sessions

6am	Get up	
6.30	Teacher of the day introduces him/herself through a (personal) reflection on today's heart quality-openness	
6.35am (1h 10)	<u>Practice:</u> squats Ren Yuan 45 min and short Tong Yuan: Openness	<u>Beginners practice:</u> Squats, 1 st & 2 nd method, pulling Qi. Q & A

	Suggest: people to re-read the pattern of unfounded suspicion	
7.45am(1h15)	Breakfast & free time	(7.40) Teachers' meeting
9am (1h 30)	<p>The heart and its relationship with (Shen and) the consciousness.</p> <p>Theory briefly explained: How do they communicate with each other explained by science (vagus nerve) and from the perspective of Ren Xue.</p> <p>How Ling Yuan works with Shen and Xin communicating with each other (e.g. use Jo's image of salt to illustrate Ling Yuan)</p>	
10.30am (30m)	Morning tea	
11am (1h 30)	Question & Answers	
12.30 – 2.10pm	Lunch & free time	
Optional: 1.30-2.00	Optional: Individual Qi therapy or counselling with a teacher Optional:	
2.15pm (1.15min)	<p><u>Patterns: unfounded suspicion</u> presentation on the pattern by teachers Solo reflection (recognise the pattern in yourself/ identify manifestations, causes, reasons for existence, negative effects, determine intention, find replacement patterns) then pair/small group discussion on the pattern if time allows.</p>	
3.30 (45 m)	Afternoon tea	
4.15pm (1h 45)	Practice: Tian Yuan & Di Yuan (1 hr practice) Ling Yuan - unfounded suspicion	
6pm (1h 30)	Dinner & free time	
7.30pm (1h 15)	short review of the day Group Qi therapy	
8.45pm	Free time	
9.30?	Qifield building team continues to strengthen retreat Qifield Everyone is Welcome	
9.45pm	Bedtime	

Day 4: Wednesday 24 May

Love
Concurrent sessions

6am	Get up
6.30	

	Teacher of the day introduces him/herself through a (personal) reflection on today's heart quality-love
6.35am (1h 10)	<u>Practice:</u> Ren Yuan 54 min & Short Tong Yuan: Love Suggest: reread fixed expectations
7.45am (1h 15)	Breakfast & free time (7.40)Teachers' meeting
9am (1h 30)	<u>Talk about Human nature in relation to patterns</u> Q&A or small group discussions
10.30am (30 m)	Morning tea
11am (1h 30)	Tian Yuan CD 10 followed by Di Yuan. followed by walk, lying form, Zhong Yuan (to be confirmed)
12.30 – 2.10pm (1h 40)	<u>Lunch & free time</u> ☺☺☺ <i>Retreat photo</i> ☺☺☺
Optional: 1.30-2.00	Optional: Individual Qi therapy or Counselling with a teacher
2.15pm (1hr 15min)	<u>Patterns: Fixed - Expectations</u> Presentation of Fixed expectations Solo reflection (recognise the pattern in yourself/ identify manifestations, causes, reasons for existence, negative effects, determine intention, find replacement patterns) . Small group discussion (if time)
3.30 (45 m)	Afternoon tea
4.15pm (1h 45)	Squats Long Tong Yuan love Ling Yuan: fixed expectations <u>'WARM UP' TO BIGUAN (SILENCE) BEGINS AT THE END OF THIS SESSION (talk on Biguan next session)</u>
6pm (1h 30)	Dinner & free time
7.30pm (1h 15)	<u>Short talk:</u> Introducing Biguan, talk about its benefit, why we do it. Qi field building / qi healing with quiet internal reflection on what you may want to achieve with Biguan; reflect on how the retreat has gone so far & how you want the rest to be.
8.45pm	Free time
9.30?	Qifield building team continues to strengthen retreat Qifield Everyone is Welcome
9.45pm	Bedtime

Day 5: Thursday 25 May

GRATITUDE

Biguan continues

Concurrent sessions

6am	Get up
6.30	Teacher of the day introduces him/herself through a (personal) reflection on today's heart quality-gratitude
6.35am (1h 10)	<u>Practice:</u> Squats & Tian Yuan (3 cycles) dantian breathing <u>Suggest:</u> Reread self centredness
7.45am (1h 15)	Breakfast & free time (7.40) Teachers' meeting
9am (1h 30)	Ren Yuan long form Di Yuan (30 min) , sitting or lying
10.30am (30 m)	Morning tea
11am (1h 30)	Showing how to walk with qi, connect with qi (everyday qigong techniques) and using gratitude when connecting with nature Cloud walking Still Qigong 30 minutes connect with nature while walking outside qifully
12.30 – 2.10pm (1h 40)	<u>Lunch & free time</u>
Optional: 1.30-2.00	Optional: Individual Qi therapy or counselling with a teacher
2.15pm (1hr15min)	<u>Patterns:</u> self centredness presentation/demonstration on self-centerdness Solo reflection (recognise the pattern in yourself/ identify manifestations, causes, reasons for existence, negative effects, determine intention, find replacement patterns)
3.30 (45 m)	Afternoon tea
4.15pm (1h 45)	Tian Yuan CD 10 followed by Ling Yuan: self centredness
6pm (1h 30)	Dinner & free time
7.30pm (1h 15)	Short review of the day <u>Group Qi healing</u>
8.45pm	Free time
9.30?	Qifield building team continues to strengthen retreat Qifield Everyone is Welcome
9.45pm	bed time

Day 6: Friday 25 May

GONGJING
Concurrent session

6am	Get up
6.30	Teacher of the day introduces him/herself through a (personal) reflection on today's heart quality-Gongjing
6.35am (1h 10)	<u>Practice:</u> Ren Yuan 54 min & short Tong Yuan: Gongjing
7.45am (1h 20)	Breakfast & free time (7.40) Teachers' meeting
9am (1h 30)	<u>Ren Xue / Qigong theory:</u> Xin quality of Gongjing. (true respect) – relate to Mother Earth & planting trees. relate this back Ren Xue focus of working on Totality. Talk about Biguan finishing , adjustment back to talking or continue to stay in Biguan. BIGUAN FINISHES
10.30am (30 m)	Morning tea
11am (1h 30)	Group Discussion- Question & Answer Session (*or tree planting – see 4.15) Facilitate answering questions in the bowl with the whole group. We will put some focused questions in the bowl (eg how to start practicing.) If time left over can do a short practice.
12.30 – 2.10pm (1h 40)	<u>Lunch & free time</u> Retreat photo back up
Optional: 1.30-2.00	Optional: Sign up for Individual Qi therapy or counselling with a teacher
2.15pm - 3-3.30	Group discussion how did we all get on this week?!
3.30 (45 m)	Afternoon tea
4.15pm (1h 45)	<u>Tree planting</u> * either this session or at 11am, weather dependent!
6pm (1h 30)	Dinner & free time
7.30pm (1h 15)	Summary of the day Group Qi therapy-harvesting time-link with home. Hand out feedback form with focus on self review. To be returned before leaving tomorrow (2)
8.45pm	Free time
9.30?	Qifield building team continues to strengthen retreat Qifield Everyone is Welcome
9.45pm	Bedtime

Day 7: Saturday 25 May

HARMONY & BALANCE

6am	Get up	
6.30am (1h 10)	Practice: Ren Yuan (69 min) <i>Reminder to return feedback forms before leaving</i>	
7.40am (1h 20)	Breakfast & free time	(7.40) teacher meeting
9am (1h 30)	Ren Xue / Qigong theory: Bringing together the whole retreat, human and universe as a totality, relationship between human and nature, the 5 Xin, ongoing practice, adjustment back to normal life, inspiration! Q&A	
10.30am (30 m)	Morning tea	
11am (1h 30)	Practice: CD2 1 st & 2 nd method (Tian Yuan and Di Yuan) (Total 37 min) Draw the Qifield back	
12.30 - 2pm (1h 30)	Lunch & departure	

Have a safe trip home and see you next year!