

4 Day Qi Gong Retreat

Friday 18th to Monday 21st August 2017

Itinerary

Friday 18th	Qi Gong Theme <i>Metal</i>
4.00	Check in
5.00	Welcome talk
6.00	Qi Gong Session
7.15	Dinner
8.15	Shiatsu / Sauna
Saturday 19th	Qi Gong Theme <i>Earth</i>
8.00	Showers
9.00	Tea and snack
9.15 – 10.45	Qi Gong Session
11.00	Breakfast
12.00-2.00	Free time
2.00	Lunch
3.00 – 5.00	Free time, period of silence
5.00 – 6.30	Qi Gong Session
6.45	Dinner
7.45	Shiatsu / Sauna
Sunday 20th	Qi Gong Theme <i>Fire</i>
8.00	Showers
9.00	Tea and snack
9.15 – 10.45	Qi Gong Session
11.00	Breakfast
12.00-2.00	Free time
2.00	Lunch
3.00 – 5.00	Free time, period of silence
5.00 – 6.30	Qi Gong Session
6.45	Dinner
7.45	Shiatsu / Sauna
Monday 21st	Qi Gong Theme <i>Water</i>
8.00	Showers
9.00	Tea and snack
9.15 – 10.45	Qi Gong Session
11.00	Brunch
12.30	Talk
1.30	Check out