

Schedule for March 2017 Healing Intensive Qigong Retreat Santa Fe, New Mexico

7 day retreat schedule (all events using Mountain Time Zone)

- Starts: Wednesday, March 1. Registration: 3 - 5 pm MT.
- Ends: Tuesday, March 7, after lunch, 1:30 pm MT

Wednesday Schedule (Registration Day)

- 3 - 5 pm Registration
- 6 pm Dinner
- 7:30 Qigong teaching and practice with Mingtong and assistant teachers

Thursday - Tuesday Schedule (Daily Schedule)

- 7 am – 8 am Qigong practice led by teacher
- 8 am – 9 am Breakfast
- 9 am – 12:30 pm Qigong teaching and practice with Mingtong and teachers
- 12:30 – 1:30 pm Lunch
- 1:30 pm – 2:pm Chi Nap in Kiva
- 2 pm – 5:30 pm Qigong teaching and practice with Mingtong and teachers
- 6 pm – 7 pm Dinner
- 7 pm – 8:30 pm Healing or teaching with Mingtong

Tuesday Schedule (Last day of your Retreat)

- 7 am – 8 am Qigong practice led by teacher
- 8 am – 9:30 am Breakfast
- 9:30 am – 10 am Move out of room (Rooms must be cleared by 10)
- 10 am – 12 pm Qigong teaching and practice with Mingtong and teachers
- 12pm – 1:30 pm Lunch and Wrap up