

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

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

Day One of your Retreat: Friday afternoon

3 - 5 pm Registration

6 pm Dinner

7:30 pm Qigong teaching and practice with Master Gu and assistant teachers

Daily Schedule

7 am – 8 am Qigong practice led by assistant teachers

8 am – 9 am Breakfast

9 am – 12:30 pm Qigong practice led by Master Gu and his leading assistant teacher

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 Master Gu and teachers

6 pm – 7 pm Dinner

7 pm – 8:30 pm Healing or teaching with Master Gu

Schedule for Final day of your Retreat

7 am – 8 am Qigong practice led by assistant teachers

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 practice led by Master Gu and his leading assistant teacher

12pm – 1:30 pm Lunch and Wrap up