

Programme

Friday

4pm	Arrive & Settle
5.30pm - 6.30pm	Loosening & Qi Gong
7.00pm	Dinner
8.30pm	Camp Fire

Saturday

07.30am - 8.30am Meditation & Loosening Exercises

08.30am - 9.30am **Breakfast**

9.30am - 11.00am Walk. Qi Gong & Taiji

11.00am -11.30am **Tea Break**

11.30am - 1.00pm Qi Gong & Taiji

1.00pm - 2.30pm **Lunch & Break**

2.30pm - 4.00pm. Walk. Qi Gong & Taiji / Body Work

4.15pm - 5.00pm **Tea Break**

5.00pm- 6.30pm Qi Gong & Taiji

7.00pm **Dinner**

8.30pm Camp Fire

Sunday

07.30am - 08.30am Meditation & Loosening Exercises

08.30am - 09.30am **Breakfast**

9.30am - 11.00am Walk. Qi Gong & Taiji

11.00am -11.30am **Tea Break**

11.30am - 1.00pm Qi Gong & Taiji / Bodywork

1.00pm - 2.30pm **Lunch & Break**

2.30pm - 4.00pm. Walk. Qi Gong

4pm **Goodbyes & Departure**