

Renew & Reconnect Retreat

9:30 AM Orientation

9:45 AM Qigong Warmups

10:00 AM Qigong

10:25 AM Small Break

10:30 AM Meditation Instruction

10:45 AM Sitting Meditation

11:05 AM Walking Meditation

11:15 AM Sitting Meditation

11:35 AM Walking Meditation

11:45 AM Qigong

12:00 PM Lunch
(participants may leave)

12:50 PM Return and rest

1:00 PM Qigong Warmups

1:10 PM Walking Meditation

1:20 PM Formal Tea
Practice discussion

2:00 PM Sitting Meditation

2:20 PM Walking Meditation

2:30 PM Sitting Meditation

2:50 PM Qigong

3:00 PM End