

REN XUE

Easter Workshop Program April 7th-9th 2023

Learning 'Xia Yuan', the fourth method of the Yuan Gong System.

This is a method for strengthening the vital organs and bringing them back to a pure state. Xia Yuan can activate and move the pure original Qi of the organs quickly and strongly so it can have obvious effects on improving organ Qi. It is a simple method that is relatively easy to learn and practise. It is designed to be efficient so the practice is relatively short.

The practice of Xia Yuan also gives rise to strong Qi sensations.

Time	Friday 7 th of April	Saturday 8th	Sunday 9th
9.00 - 10.30 am		Qifield building. Learning the practice of the 5 Yin organs in Xia Yuan	Qifield building. Learning the ending of Xia Yuan
10.30 - 10.45 am		Morning Tea	Morning Tea
10.45 - 12.30 am		Continue learning the practice of the 5 Yin organs in Xia Yuan	Q & A Review all the moves and requirements for Xia Yuan
12.30 - 2.00 pm	ARRIVE AT 2pm	LUNCH	LUNCH
2.00 - 3.00 pm	Meet & Greet, Afternoon Tea	Kiri to teach about toning our voices to help get more from the practice	Full practice of Xia Yuan
3.00 - 3.15 pm	START - Qifield building	Afternoon Tea	Afternoon Tea
3.15 - 4.30 pm	Learning the theory and beginning of Xia Yuan	Tong Yuan Session and Group discussion on 5 Xin	Tong Yuan Session and Group discussion on 5 Xin
4.30 - 5.00 pm	Qi group healing session	Close the Qifield	Close the Qifield - FINISH