



ZHI NENG QI GONG

Weekend Workshop

**Immerse yourself
in gentle exercise and deep relaxation with
Teacher Xi Xiao Feng**

Diamond Harbour - Christchurch

August 17 - 18, 2019

**For registration and information contact
Vida Watson, e - mail: vida_zhineng@yahoo.com**

www.qigongtrust.org.nz

The Workshop

This Zhi Neng Qi Gong workshop is a unique opportunity for practitioners and teachers to deepen their practice, and for novices to get a taste of the age-old science taught by the well-respected teacher from China.

The Teacher



Xi Xiao Feng is an inspiring Qigong teacher of international repute, member of Harmonious Big Family in China. He was a student of Dr. Pang Ming between 1993 – 1995. Since then he has dedicated his life to healing and teaching of Zhineng Qigong science. In recent years he has been conducting workshops and retreats in China and overseas.

What to expect

During the workshop you will expand your understanding of Zhineng qigong science. Teacher Xi will guide you into deep relaxation, connecting with your inner wisdom to enhance your health and wellbeing.

What to bring

Yoga mat (not compulsory)
Cushion to sit on
Shawl and warm socks

For more details about the workshop, please contact Vida on vida_zhineng@yahoo.com

For more information about Zhineng Qigong please see websites:

www.qigongtrust.org.nz or www.daohearts.com

Location



Diamond Harbour Community Hall, 2A Waipapa Ave.

Diamond Harbour, RD2., 8972

Transport from the Diamond Harbour Ferry can be arranged.

Should you require accommodation please contact Vida.

vida_zhineng@yahoo.com

Cost

Early-bird: \$220 if paid before 17 July

Full fee: \$250 registration . Closing date: 10 August

Hot soup at lunch time included in the fee.

Vegetarian dinner Saturday evening: \$ 20 (Please see the registration form)

Program

Saturday 17 August

- 9.00 am Arrival, registration and warm up
- 9.30 Theory and practice with teacher Xi
- 12.30 Lunch, please bring shared lunch – hot soup provided
- 13.30 Theory and practice with teacher Xi
- 17.00 Nibbles and drinks
- 18.00 Dinner, 3course vegetarian meal - **if ordered**- see registration form
(special dietary requirements catered for)
- 19.30 Meditation led by teacher Xi
- 20.30 Closure for the day

Sunday 18 August

- 9.00am Arrival and warm up
- 9.30 Theory and practice with teacher Xi
- 12.30 Lunch, please bring shared lunch, hot soup provided
- 13.30 Practice and meditation
- 16.30 Closure of the retreat, farewells.

Morning and afternoon tea provided.

The optional Saturday evening meal is vegetarian, where possible from locally grown, spray free, organic ingredients.

The schedule has been adjusted to the Lyttelton Ferry Service time table for those who chose to travel by public transport.

Should you need transport from the ferry or have any other questions please contact Vida.

Registration Form

Name: _____

Surname: _____

How long have you been practicing Zhineng Qigong?

Cell phone number: _____

E mail Address: _____

Early Bird Fee (if paid before 17 July)	\$ 220.00
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Full fee (must be paid before 10 August)	\$ 250.00
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Saturday Vegetarian Dinner	\$ 20.00
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Total

Special dietary requirements: _____

Please pay by direct credit to TSB bank with your name as reference, and e-mail the Registration Form to vida_zhineng@yahoo.com

Bank account name: **Vida Watson**

Bank account number: **15-3959-0171727-02**

You will receive a mail of confirmation of your payment.

Your registration will be completed when we receive your payment