

REN XUE

YUAN GONG PRACTICE SESSIONS

In addition to Yuan Tze's event, you also have the opportunity to practice the moving meditation methods of Yuan Gong—a contemporary Qigong practice that helps you find greater peace and harmony in your life.

Watch recordings of the various practice sessions and follow along. Continue reading to find out more about the four practice sessions available.

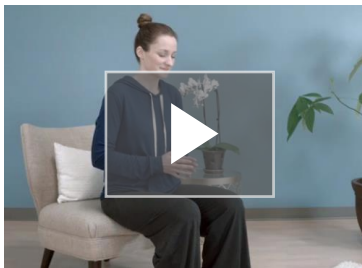
- [First-time participants](#)
- [Tian Yuan / Di Yuan Practice](#)
- [Ren Yuan Practice](#)
- [Xia Yuan Practice](#)

All practices are approximately 1 hour in duration and will be led by REN XUE Teachers from around the globe.

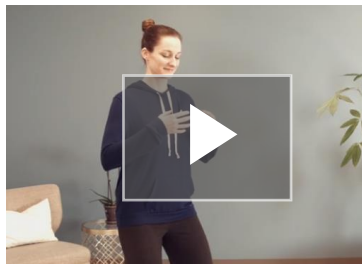
Demonstration Videos

If you're new to Yuan Gong, or simply wish to refamiliarize yourself with the methods, please click on any of the images below to watch a demonstration. We look forward to you joining us in the practice sessions.

Pulling Qi



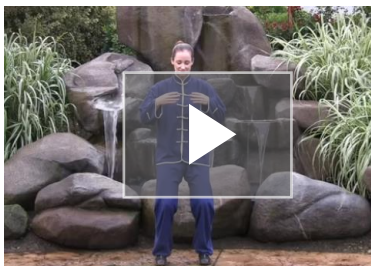
Dantian Breathing



Tian Yuan – Method 1



Di Yuan – Method 2



Ren Yuan – Method 3



Xia Yuan – Method 4



FIRST-TIME PARTICIPANTS

About the Practice

For those new to Yuan Gong, we invite you to experience some practical techniques to help you relax the body and feel calmer. You will learn the practices of Pouring Qi, Pulling Qi and Dantian breathing.

Before you begin, you may wish to view our demonstration video of [Pulling Qi](#) and [Dantian Breathing](#) on the REN XUE YouTube channel.

TIAN YUAN & DI YUAN PRACTICE

About the Practice

Tian Yuan coordinates the use of mind and body to release and unblock tensions held in the body and to gather in new, fresh energy.

Di Yuan involves standing postures and breathing directed at critical energy storage areas (Dantians) to nourish, consolidate, and integrate energy stored in the body. The practice directs the mind to a calm, relaxed, and natural state.

REN YUAN PRACTICE

About the Practice

Ren Yuan involves coordinated flowing movements that draw on a wide range of disciplines (traditional Chinese, sports medicine and martial arts) to move energy deep into the body. Movements sequentially address the five main body parts moving from head to toe.

XIA YUAN PRACTICE

About the Practice

Xia Yuan aligns energy and intention. Uses the mind, sound, color, and movement, including mouth positions and hand gestures, to direct energy to each organ. Practiced in a free, natural, light and joyful state, the body moves, relaxed and unrestricted.