



BE THE MASTER OF YOUR STATE

With Yuan Tze



The '***Be the Master Your State***' series with Yuan Tze is a great opportunity to build a solid foundation for life in this time of turbulence and uncertainty.

The state we are in plays a vital role in our health and how we make decisions and operate in our everyday life. The ability to maintain a good state is, therefore, especially important when we face challenges.

In this series of six one-day workshops, Yuan Tze will work with you through all the essential elements for a good state—relaxed, calm, natural, integrated & unified, harmonious, Jue Cha (self-awareness and self-observation).

Step by step, you will be able to activate the inner tools that you can use to create a good state so that, no matter how the outer world changes, you can live in the way that is most meaningful and nourishing for your own life and those around you.

Each workshop offers three different activities:

- an optional global Yuan Gong Practice (2 hours before the workshop, 1 hour in duration)
- Yuan Tze's workshop (3 to 3.5 hours in duration), and
- an optional virtual Tea & Qi session hosted by REN XUE Teachers (post-workshop, 1 hour in duration)

These workshops are well suited for everyone. If you are new to REN XUE and would like to have a light way to sample it, this is a great opportunity. If you have already been applying REN XUE practices to work on your life, you will find the experience most profound and consolidating.

For those of you who are in Europe, South Africa and the UK where the event time is late in your evening, we have a plan to support your participation in a more uniformed way. Our Europe-based teachers will deliver a **live** practice and discussion sessions during your day time. The timing of these sessions will be spaced out sufficiently to allow you time to watch the recording of Yuan Tze's session in between. Our aim is to enable all participants in Europe to work together in the same Qifield. Most importantly, Yuan Tze will be actively building the Qifield for you at the time you do it in Europe, South Africa and the UK.

[View the dates for each workshop here.](#)