

EASTERN HEMISPHERE PROGRAM

If you're based in Australia, Europe, South Africa, or the UK, and wish to follow a program that is at a more convenient time, you're welcome to join the sessions outlined below. The program is designed to be in keeping with the structure of the NZ/US timetable, and will take place each day of the retreat from Saturday, November 7 – Sunday, November 15.

Yuan Gong Practice Sessions

Morning practices will be held **LIVE** via Zoom with our REN XUE Teachers based in the UK, Europe and South Africa.

Time:

Sydney, Australia	7 pm
UK/Portugal	8-9 am
Sweden/South Africa	9-10 am

FIRST-TIME PARTICIPANTS

About the Practice

For those new to Yuan Gong or anyone who wishes to review, we invite you to join our experienced teachers to learn the first two methods of Yuan Gong—Tian Yuan (first method) and Di Yuan (second method) over the three days.

Before you begin, you may wish to view our demonstration video of [Tian Yuan](#) and [Di Yuan](#) 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.

Yuan Tze's Lectures

Please note, you'll be watching the **recording** of Yuan Tze's workshop

Time:

Sydney, Australia	9 pm-midnight
UK/Portugal	10 am-1 pm
Sweden/South Africa	11 am-2 pm

Tea and Qi Virtual Gatherings

Some of our REN XUE Teachers will be running Tea & Qi virtual gatherings **LIVE** via Zoom. This gathering provides a space for people to get to know one another, talk about their experiences of the workshop, and anything else that may come up. The goal is to help build connections within the community and help us support one another in the practice of REN XUE.

Time:

Sydney, Australia	2-3:15 am*
UK/Portugal	3-4:15 pm
Sweden/South Africa	4-5:15 pm

* The Western Hemisphere Tea & Qi session will be more convenient for you