

## 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 on your Sunday, October 18, 2020.

### Yuan Gong Practice Session

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

**Time:**

UK/Portugal	8 am
Sweden/South Africa	9 am
Sydney, Australia	6 pm

[View your local time zone](#)

### 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.

## Yuan Tze's Workshop

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

**Time:**

UK/Portugal	10 am-1:30 pm
Sweden/South Africa	11 am-2:30 pm
Sydney, Australia	8-11:30 pm

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## 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 one 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:**

UK/Portugal	3-4.15 pm
Sweden/South Africa	4-5.15 pm
Sydney, Australia	1-2:15 am*

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\* The Western Hemisphere Tea & Qi session will be more convenient for those in Australia.