

Programme Overview

Friday

9.00 – 10.30	Arrival and Registration / Marketplace + Shop
10.30 – 11.15	Welcome address and introduction: “Yangsheng”
11.15 – 11.30 and	Plenum: Presentation of the morning workshops, Questions answers
11.30 – 13.30	WS 1 (2 h) A1 Yangsheng Pillar 1: Exercises for Common Ailments Michael Beck B1 I Ching – Theory and Practice I: Introduction Henrik Jäger C1 San Bao: The 3 Treasures Jing, Qi und Shen Ulla Blum D1 Relaxing and Releasing with Fang Song Gong (Partnerwork) Jo Augustin E1 Wudang Qigong Lau K King
13.30 – 15.00	Lunch Break
15.00 – 15.15	Plenum: Presentation of the afternoon workshops
15.15 – 18.00	WS 2 (2,75 h) A2 Fuzang Anmo: Organ Massage Gordon Faulkner B2 Calligraphy as a Way to Care for Life I Yonghui Deistler-Yi C2 The 5 Animals of Wudang I Tina Faulkner-Elders D2 Heart Qigong: Yuan Shen Christoph Stumpe E2 Walking the Circle (Bagua) Luigi Zanini
18.00 – 19.00	Break <i>Open evening programme with Art and Push Hands</i>
From 19.00	Free Pushing Hands with teachers of the meeting
From 20.00	Vernissage: Exposition with paintings by Yonghui Deistler-Yi
Until 22.00	Coffee shop open

Saturday

9.00 – 9.45	Open Morning Qigong with teachers of the meeting
9.00 – 10.00	Registration for the newly arrived / Marketplace + Shop
10.00 – 10.15	Plenum: Presentation of the morning workshops
10.15 – 13.00	WS 3 (2,75 h) A3 Tuina Against Neck and Shoulder Pain Christoph Stumpe B3 I Ching – Theory and Practice II: The deeper meaning Henrik Jäger C3 Tuishou: Peng Lu Ji An (Partnerwork) Antoine Ly, Marianne Plouvier D3 8 Brocades I Ulla Blum E3 Bagua Qigong Luigi Zanini
13.00 – 14.30	Lunch Break
14.30 – 14.45	Plenum: Presentation of the afternoon workshops
14.45 – 17.30	WS 4 (2,75 h) A4 Yangsheng Pillar 2: Breathing Michael Beck B4 Calligraphy as a Way to Care for Life II Yonghui Deistler-Yi C4 The 5 Animals of Wudang II Tina Faulkner Elders D4 Daoyin Yangsheng Gong (Anti-Stress Qigong) I Gordon Faulkner E4 The Steps according to the 5 Elements Lau K King
17.30 – 18.30	Break
<i>Gala Evening:</i>	<i>Open evening programme with Push Hands and Gala</i>
18.30 – 19.45	Free Pushing Hands with teachers of the meeting
18.30 – 20.00	Marketplace + Shop
20.00 – 21.30	Taiji Forum-Gala of the Chinese Arts (Warenannahme)
Until 22.00	Coffee shop open

Sunday

9.00 – 9.45	Open Morning Qigong with teachers of the meeting
9.00 – 10.00	Registration for the newly arrived / Marketplace + Shop
9.45 – 10.00	Plenum: Presentation of the day's workshops
10.00 – 12.30	WS 5 (2,5 h) A5 Yangsheng Pillar 3: Meditation Michael Beck B5 I Ching – Theory and Practice III: The Deeper Meaning Henrik Jäger C5 Dynamic Qigong Marianne Plouvier D5 8 Brocades II Ulla Blum E5 The 8 Extraordinary Vessels (Qigong) Luigi Zanini
13.00 – 14.00	Lunch Break
13.30 – 16.00	WS 6 (2,5 h) A6 The 5 Animals Antoine Ly B6 Calligraphy as a Way to Care for Life III Yonghui Deistler-Yi C6 Daoyin Yangsheng Gong (Anti-Stress Qigong) II Gordon Faulkner, Tina Faulkner Elders D6 “Move like the waves and go with the flow!” Jo Augustin E6 Huo Tui: Moving Partnerwork Lau K King
16.00 – 16.30	Collective Closing Ceremony
16.30	Departure