

2010 European Ki Gong Clinic
Agenda

SATURDAY

8:30 to 9:00	Check in.
9:00 to 9:15	Introduction and orientation
9:15 to 10:00	Warm up. Hand and foot massage.
10:00 to 10:30	Types and Categories of Breathing and Meditation
10:30 to 11:30	Hyang Gong/Bo Kun Jang Soo Gong
11:30 to 12:00	Ki Awareness and Transmission
12:00 to 13:00	LUNCH
13:00 to 14:00	Brain Waves and Mind Control Meditation
14:00 to 15:00	Ki Cho Ki Gong 1 -11 (Basic Ki movements)
15:00 to 16:00	Five Phase Theory and Practice
16:00 to 16:15	Beverage and light food break
16:15 to 17:00	Meditation for Brain Wave Consciousness
17:00 to 18:00	Tae Kuk Ki Gong 1 - 18
18:00 to 19:30	DINNER
19:30 to 20:00	Circulation Ki Gong/Dish & Dae Chu strike
20:00 to 21:00	Yong Moon Gong (Dragon Gate form)
21:00 to 22:00	Yak Son Ki Gong/Acupressure and Gua Sha

SUNDAY

8:30 to 9:00	Check In
9:00 to 10:00	Hyang Gong and Bo Kun Jang Soo Gong
10:00 to 10:30	Health Paradigm lecture
10:30 to 11:30	Moving Tae Kuk Ki Gong
11:30 to 12:00	So Joo Chun (Small Circle Universe)
12:00 to 1:00	LUNCH
1:00 to 13:30	Meridian Theory
13:30 to 14:30	Six Healing Sounds and Movements
14:30 to 15:00	Beverage and light food break
15:00 to 16:00	Spring Forest Ki Gong
16:00 to 17:00	Review all techniques and theory
18:00	Dinner and Graduation

THANK YOU FOR UNDERSTANDING THAT THE SCHEDULE MAY CHANGE
AS NEEDED TO ACCOMMODATE AN OPTIMUM EDUCATIONAL EXPERIENCE