



Qi Retreat Schedule

(Schedule is temporary and subject to change without notice)

Friday Mar 28, 2025

Afternoon:

- Airport assistance if needed (or use Uber service)

6:00 PM – Fruit and smoothies

7:00 PM – Self-introduction & Shifu's introduction on self-health and healing

8:00 PM – *The Model of 3-6 Medibreath Cosmic Ecosystem*

Silent Weekend Begins *(No talking, no chatting, no cell phones on the meditation floor except for emergencies in private rooms)*

Saturday Mar 29, 2025

6:00 AM – *999 Medibreath Cosmic Ecosystem & Deep State of Meditation*

7:00 AM – Breakfast (Smoothies & Fruits)

8:00 AM – Morning talk & seminar (Q&A)

- Introduction to **999 Medibreath** (two additional models)
- **Fundamentals:** Emptying the mind, silencing the mind
- Three talks with practices: *Empty Mind, Deep Breath in Silence, Creating Space*

10:00 AM - 12:00 PM – *999 Medibreath Into:*

- Sitting meditation in silence
- Free from all attachments
- Consciousness direction in silence
- Zen Tai Gong Pole
- Qi listening & feeling with deep breath

1:00 PM – Lunch (Shifu's **DeRu Veggie Recipe**)

- **Nutrition facts of Zen physiology findings**

3:00 PM – *Afternoon Practices:*

- **Zen Tai Gong Basics**
- **Tai Chi Basics**

5:30 PM – Evening fruit & veggie snacks (Smoothies)

7:00 PM – *8 Pieces of Silk Brocade & Silk Reading*

8:30 PM – Sleep

Sunday Mar 30, 2025

6:00 AM – *999 Medibreath & Silent Meditation*

9:00 AM – *Zen Power Qi Pose*

- Meditative Shaolin Ways
- Zen Tai Gong Free Expression

11:00 AM - 12:30 PM – *Power Pose, Silent Meditation, 999 Medibreath Review*

1:00 PM – Lunch (**DeRu Veggie Recipe**)

2:30 PM – *Afternoon Session:*

- **999 Medibreath + Tai Gong Zen Walking**
- **Zen Tai Gong Qi Power Poles**
- **Walking Meditation & Sitting Meditation**

5:00 PM – Dinner, Sitting Meditation, Dharma Wisdom Talk

6:30 PM – *Beach Play Walking Meditation*

7:30 PM – *Reviews:*

- Sitting & Walking Meditation
 - Chanting, Sitting Meditation until sleep
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Monday Mar 31, 2025

6:00 AM – Wake-up Meditation (*990 Medibreath*)

7:00 AM – Breakfast (Smoothies)

8:00 - 9:30 AM – *999 Medibreath Into Sitting & Walking Meditation*

- **Final Reviews**