



SFQ

SPRING FOREST QIGONG

# Level 4 Meditation Retreat 2012

Daily Agenda

# Level 4 Retreat Daily Agenda

*Sunday, August 19*

**4:30 pm – 6:30 pm**

Registration/Check-in  
Main Lobby

**6:00 pm – 7:00 pm**

Dinner

**7:00 pm – 9:30 pm**

Welcome & Introduction  
Master Chunyi Lin  
Gooseberry A,B,C

**Topics**

- One Body One Universe
- Discovering Unity
- Healing Stories / Sharing Time
- Group healing
- Meditation for Self & Others

*Monday, August 21*

**7:00 am – 9:30 am**

Breakfast  
Active Exercise/Meditation  
Indoors: Gooseberry A,B,C  
Master Healer Katrina Tobey  
Active Exercise/Meditation  
Outdoors: Beach  
Master Healer Jaci Gran

**8:00 am – 9:00 am**

Personal Healing Appointments

**9:30 am – 12:30 pm**

Lecture - Master Chunyi Lin  
Gooseberry A,B,C

**12:30 pm – 2:00 pm**

Lunch

**12:45 pm – 1:45 pm**

Personal Healing Appointments

**2:00 pm – 3:30 pm**

Lecture – Master Chunyi Lin

**3:30 pm – 3:50 pm**

Afternoon Break

**3:50 pm – 5:00 pm**

Lecture and Meditation

**5:00 pm – 7:00 pm**

Dinner

**5:30 pm – 6:45 pm**

Personal Healing Appointments

**7:00 pm – 10:00 pm**

Meditation with Master Lin

### Topics

- Healing Stories & Sharing Time
- Developing Focus
- Maintaining Simplicity
- Going into the Emptiness
- Experiencing the Light
- Practicing Meditation
- The Rainbow Meditation
- Uniting Your Energy with Your Master's Energy
- Fasting & its Impact on Your Focus
- Turtle Qigong

*Tuesday, August 21*

### Fasting Day & Day of Silence

Fasting may not be appropriate for you. If you have any questions about fasting, please check with your doctor.

**7:00 am – 9:30 am**

Breakfast  
Active Exercise/Meditation  
Indoors: Gooseberry A,B,C  
Master Healer Katrina Tobey  
Active Exercise/Meditation  
Outdoors: Beach  
Master Healer Jaci Gran

**8:00 am – 9:00 am**

Personal Healing Appointments

**9:30 am – 12:30 pm**

Lecture - Master Chunyi Lin  
Gooseberry A,B,C

**12:30 pm – 2:00 pm**

Lunch

**12:45 pm – 1:45 pm**

Personal Healing Appointments

**2:00 pm – 3:30 pm**

Lecture – Master Chunyi Lin

**3:30 pm – 3:50 pm**

Afternoon Break

**3:50 pm – 5:00 pm**

Lecture and Meditation

**5:00 pm – 7:00 pm**

Dinner

**5:30 pm – 6:45 pm**

Personal Healing Appointments

**7:00 pm – 10:00 pm**

Outdoor Meditation on Beach  
with Master Chunyi Lin

## **Topics**

- Distance Blockage & Detection
- Bone Marrow Problems
- HIV
- New Sprains
- The Movement of Energy in the Body
- The Relationship of Energy Flow to Strokes & Heart Attacks
- Spirit of Yin & Yang
- Attention Deficit Disorder
- Development Delay
- Autism

# Wednesday, August 22

**7:00 am – 9:30 am**

Breakfast  
Active Exercise/Meditation  
Indoors: Gooseberry A,B,C  
Master Healer Katrina Tobey  
Active Exercise/Meditation  
Outdoors: Beach  
Master Healer Jaci Gran

**8:00 am – 9:00 am**

Personal Healing Appointments

**9:30 am – 12:30 pm**

Lecture - Master Chunyi Lin  
Gooseberry A,B,C

**12:30 pm – 2:00 pm**

Lunch

**12:45 pm – 1:45 pm**

Personal Healing Appointments

**2:00 pm – 3:30 pm**

Lecture – Master Chunyi Lin

**3:30 pm – 3:50 pm**

Afternoon Break

**3:50 pm – 5:00 pm**

Lecture and Meditation

**5:00 pm – 7:00 pm**

Dinner

**5:30 pm – 6:45 pm**

Personal Healing Appointments

**7:00 pm – 10:00 pm**

Outdoor Meditation on Beach  
with Master Chunyi Lin  
Bonfire & Friendship gathering  
Following Meditation

## Topics

- Group Healing
- Save a Life
- Healing a Wound
- Chemical Dependency
- Energy in an Object
- Overcoming Bad Dreams
- Multiple Sclerosis
- Stroke
- Stuttering
- Infertility
- Healing Yourself

*Thursday, August 23*

**7:00 am – 9:30 am**

Breakfast  
Active Exercise/Meditation  
Indoors: Gooseberry A,B,C  
Active Exercise/Meditation  
Outdoors: Beach  
Master Healer Jaci Gran

**8:00 am – 9:00 am**

Personal Healing Appointments

**9:30 am – 12:30 pm**

Lecture - Master Chunyi Lin  
Gooseberry A,B,C

**12:30 pm – 2:00 pm**

Lunch

**12:45 pm – 1:15 pm**

Personal Healing Appointments

**1:30 pm – 3:30 pm**

Lecture & Closing Lotus Meditation  
Master Chunyi Lin

## Topics

- 'One Body One Universe'
- Discovering Unity
- Helping Transition a Life
- Clearing Visiting Spirits
- Group Healing
- Closing Time Together