

Yangsheng Meeting 2018 – Schedule

Friday

9.00 – 10.30	Arrival and Registration / Marketplace + Shop
10.30 – 11.15	Welcome address and introduction „Yangsheng“
11.15 – 11.30	Plenum: Presentation of the morning workshops, Questions and answers
11.30 – 13.30	WS 1 (2 h)
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)
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 calligraphies by Wang Ning
To 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)
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)
17.30 – 18.30	Break
	<i>Gala Evening: 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)
To 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)
13.00 – 14.00	Lunch Break
13.30 – 16.00	WS 6 (2,5 h)
16.00 – 16.30	Collective Closing Ceremony
16.30	Departure

<http://yangsheng-meeting.com/>