

## Yangsheng Meeting 2019 „Gao Shan“ - Schedule

Friday

9.30 - 10.30	Arrival and Registration, Tai Chi Studio (Atrium)
10.30 - 10.45	Welcome address
10.45 - 11.00	Plenum: Presentation of the morning workshops, Questions and answers
11.00 - 13.30	<b>WS 1 (2 h)</b>
13.30 - 15.00	Lunch break
15.00 - 15.15	Plenum: Presentation of the afternoon workshops
15.15 - 18.00	<b>WS 2 (2,75 h)</b>
18.00 - 19.00	Break
	<i>Open evening with Push Hands and Art</i>
19.00 - 20.00	Free Pushing Hands with teachers of the meeting
ab 20.00	Vernissage: Works by Wang Ning

Saturday

9.00 - 9.45	Open Morning Qigong with teachers of the meeting
9.00 - 10.00	Registration for the newly arrived (Tai Chi Studio, Atrium)
10.00 - 10.15	Plenum: Presentation of the Morning Workshops
10.15 - 13.00	<b>WS 3 (2,75 h)</b>
13.00 - 14.30	Lunch Break
14.30 - 14.45	Plenum: Presentation of the Afternoon Workshops
14.45 - 17.30	<b>WS 4 (2,75 h)</b>
17.30 - 18.30	Break
	<i>Evening programme</i>
18.30 - 19.45	Free Pushing Hands with teachers of the meeting
Ab 20.00	Taiji Living Room: get-together for all participants of the meeting in the Tai Chi Studio with little snacks, demonstrations and Open Stage - All is possible, nothing is obligatory... :-)

## Sunday

8.30 - 9.15	Open Morning Qigong with teachers of the meeting
9.15 - 9.30	Plenum: presentation of the day's workshops
9.30 - 12.00	<b>WS 5 (2,5 h)</b>
12.00 - 13.00	Lunch break
13.00 - 15.00	<b>WS 6 (2 h)</b>
Ab 15.00	Collective Farewell
Ab 15.30	Departure

**Requirements für participation:** Everybody ist invited to participate! We do not believe that a hierarchy among the practitioners is in tune wit the idea of caring for life. All workshops are open to beginners. The advanced may get the additional benefit to discover new aspects of the Chinese arts. Upon request we will happily provide you with a certificate of continuous training in case you need one for your teacher association (please contact us on spot at the desk).

**Fitness-level:** There are no special bodily requirements for Qigong and TCM. You should bring clean indoor-shoes or thick socks and not too tight clothes you feel comfortable in. - An outfit you normally use for light sports would be convenient. Concerning the fitness-level: Non-trained fitness is required - i.e. if you are able to walk and stand, you will be able to follow the movements in the Workshops. In partner work, the partners will adjust to each other.

**Language:** The Yangsheng Meeting is bilingual (german/english). It is possible to follow the workshops in both languages.

**Registration:** Every Morning in the Atrium of the Tai Chi Studio! All Workshop rooms will be accessible from there.

**Choice of Workshops:** The choice of workshops take place on the spot. The teachers themselves will shortly present their workshops. Then the participants choose their class following their personal impression. - Only exception: The „sitting“ workshops on calligraphy and the Yijing. For organizational purposes we would kindly ask you to register in advance (just tick the box!) during the booking process.