



Schedule November 10-14th 2017

Five Days Intensive Healing Retreat With Master Mingtong Gu

Friday (Nov 10th)

14:00-15:00	Meeting point: Nahsholim Sea Side Resort * - Room allocation at hotel reception office. - Welcome reception at the Kibbutz practice hall.
15:00-18:00	WHQ learning & practice
18:00-19:30	Dinner
19:30-20:30	WHQ practice
20:30-21:00	WHQ healing session ***

Monday (Nov 13th)

07:30-08:30	Practice with local teachers **
08:30-09:30	Breakfast
09:30-13:00	WHQ learning & practice
13:00-15:00	Lunch and intermission
15:00-15:45	Sharing experiences and
15:45-16:30	Challenges after the retreat & Further practice suggestions
16:30-18:00	WHQ learning & practice
18:00-19:30	Dinner and intermission
19:30-20:30	WHQ practice
20:30-21:00	WHQ healing session ***

Saturday (Nov 11th)

07:30-08:30	Practice with local teachers **
08:30-09:30	Breakfast
09:30-13:00	WHQ learning & practice
13:00-15:00	Lunch and intermission
15:00-18:00	WHQ learning & practice
18:00-19:30	Dinner and intermission
19:30-20:30	WHQ practice
20:30-21:00	WHQ healing session ***

Tuesday (Nov 14th)

07:30-08:30	Practice with local teachers **
08:30-09:30	Breakfast
09:30-13:00	WHQ learning & practice
13:00-15:00	Lunch and intermission
15:00-16:00	WHQ learning & practice
16:00-17:00	Discussion and summary

Sunday (Nov 12th)

07:30-08:30	Practice with local teachers **
08:30-09:30	Breakfast
09:30-13:00	WHQ learning & practice
13:00-15:00	Lunch and intermission (please return to practice wearing White)
15:00-16:30	WHQ learning & practice
16:30-18:00	New week - Dance party
18:00-19:30	Dinner and intermission
19:30-20:30	Online practice session
20:30-21:00	WHQ healing session ***

* It is advised to arrive early to enjoy the scenery and fresh air (Waze: Nachsholim Hotel Parking)

** WHQ practice with local teachers

*** Please bring a light blanket and pillow

Note: There may be changes in the timetable.