



# Healing Qi-Gong Retreat

Itinerary & important information

## What to bring:

- Please bring your own yoga mat (if you prefer)
- Comfortable clothes for indoor classes which involve movement: sweats, t-shirts, yoga clothing, etc.
- Seasonally appropriate clothing for outdoor activity and light hiking: hiking shoes, long sleeve shirts, long pants, hats, raincoat, umbrella, sunscreen, sneakers, gloves, bug repellent, etc.
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna/steam room.
- Refillable water Bottle
- Journal

## Check-in / Check-out:

- Check-in is available any time after 3pm on the first day of your retreat.
- Check-out is at 12:30 pm on the final day of your retreat.

## Enhancements:

During your stay, you may add on Spa services or Holistic Healing sessions to enhance your wellness experience. For more information or to schedule, please see contact information below.

Holistic Healing Sessions contact 845-210-3154 or [Earthmind@honorshaven.com](mailto:Earthmind@honorshaven.com)

Spa services call 845-210-3087 or [spa@honorshaven.com](mailto:spa@honorshaven.com)

**Coordinator: Brittany Rega** Cell: 914-343-4066 / Office: 845-210-3154 [Earthmind@honorshaven.com](mailto:Earthmind@honorshaven.com)

*See next page for full program itinerary.*

# Healing Qi-Gong Retreat Itinerary

\* Program schedule is subject to change.

## MEALS

- Breakfast: 8:00 am – 9:00 am
- Lunch: 12:00 pm – 1:00 pm
- Dinner: 6:00 pm – 7:00 pm

## THURSDAY

- 6:00 - 7:00pm – Dinner
- 7:30 - 9:00pm – Introduction to Healing Qigong

## FRIDAY

- 8:00 - 9:00am – Breakfast
- 9:30 - 11:45am – How to Prepare Qigong Body/18 joint warm-up
- 12:00 - 1:30pm – Lunch
- 2:00 - 5:00pm – Guided Outdoor Qigong (120 Steps & Mago Tree)
- 6:00 - 7:00pm – Dinner
- 7:30 - 9:00pm – 5 Elements and Organ self-healing

## SATURDAY

- 8:00 - 9:30am – Breakfast
- 9:30 - 11:45am – IlChi Qigong Principles
- 12:00 - 1:45pm – Lunch
- 2:00 - 5:00pm – 5 Element sound healing
- 5:00 - 6:00pm – Free time (Private Healing, Spa and Sauna)
- 6:00 - 7:00pm – Dinner
- 7:30 - 9:00pm – Prescriptive Qigong

## SUNDAY

- 8:00 - 9:00am – Breakfast
- 9:30 - 11:30am – Design your Own Flow
- 11:30 -12:00pm – Wrap-up
- 12:00 - 1:30pm – Check Out & Lunch

## FREE TIME

During your free time you may use the amenities within the retreat center or schedule an appointment with the spa or the wellness center for any services you may want to utilize (ie, aura reading, private acupuncture healing session). Please note some services require additional payment. Contact information can be found on the previous page.

