



One Day Retreat at Full Moon

with lots of qigong practice, self-healing, Q&A and discussions
on life-cultivation topics

Online / In Person (Sofia) / via Recordings

Saturday, 30 September 2023 (EEDT time zone date)

Language: English

Led by: [Vlado Rashev, qigong teacher and therapist](#)

**Dear Yuan Gong Students, Teachers, Fellow Practitioners and other
Persons interested in the art of Qigong and Life Cultivation,**

It's a pleasure to invite you to this One Day Retreat filled with [Yuan Gong](#) practice, [Healing and Self Healing](#) and [Ren Xue](#) discussions ([click here for testimonials from previous events](#)). The retreat will be conducted in the Global Ren Xue Qifield of the next Full Moon - a Qifield finely tuned and strengthened by [Yuan Tze](#) and supported by all of his students around the globe.

The program consists of 6 sessions, 4 of which are dedicated to the practice of both dynamic and static qigong; one - to the art of self-healing and another one - to the Wisdom Culture ([click here for the draft program](#)).

Please note the purpose of doing so much practice in one day is not to make you exhausted or just for the sake of having a Yuan Gong marathon ;). Rather, it is to use the practice to keep drawing your consciousness inward and engaging it into activities that benefit your health and help achieve a higher level of unification and

harmony in life. You'll be constantly reminded to NOT overexert yourself and do all practices in a kind, gentle and 'Qi-full' way.

Who may attend

- Absolute beginners as well as Qigong practitioners with no prior experience in Yuan Gong are most welcome. This event is a perfect opportunity to get a taste of the practice of Yuan Gong and learn about the philosophy behind. Simple instructions will be given at the beginning of each session and all you need to do is follow Vlado's demonstration.
- Practitioners who know one or more Yuan Gong methods. If you fall into this category, this will be a great opportunity for you to go deeper in your Yuan Gong experience and see the effect of one whole day of practice. It's also an opportunity to try some of the methods you don't know yet and learn more about the teachings in Ren Xue.
- For the fellow Yuan Gong teachers, I hope this would be a very good opportunity to explore further the mystery and magic of the Qifield and the information it carries, contribute to the discussions and the group healing, have fun and enjoy the abundance of practice and Qi.

Ways to participate

To get the most of this retreat, it is recommended to attend all sessions, ideally in consecutive order. If, however, that's not possible, feel free to join whatever sessions you can.

All sessions will be recorded and the links will be sent to everyone who has registered for the whole retreat (you can sign up for the whole event or just for some of the sessions).

You can participate in the following ways:

1. **Online via Zoom – we'll send you the connection link on 29 September**
2. **Via recordings (we'll send you the recordings on the same day, a couple of hours after the end of the last session)**
3. **In Person (the best way), at our studio in Mladost 2 (Sofia).** There are 6 places only so don't delay your registration for too long! Till the end of 27th, priority will be given to those whose intention is to attend at least 3 of the 6 sessions in person. After that date the remaining places will be assigned in order of registration.

Please note meals will not be offered as part of the retreat. However you are most welcome to bring your own food (or food to share) and use the kitchen to warm it up. A selection of green, black, herbal and fruit teas will be at your disposal during the breaks.

4. Any combination of the previously listed ways. Please, let us know about your preferences in the registration form.

Cost

In order to carry out its activities, Ren Xue Bulgaria relies exclusively on donations. We don't have a sponsor for our events yet, so your personal contribution is important to us. Our approximate cost per person for this event and accordingly, the recommended amount for your donation is:

anything between EUR35 (BGN70) and EUR90 (BGN180)

The above range is only a suggestion. Feel free to donate whatever amount feels right to you, considering your own situation. Contribution of any amount will be appreciated and accepted with Gratitude. To complete your registration, send your payment ideally a week in advance.

- if you are a member of Ren Xue Bulgaria foundation (you are paying a membership fee), you can join one of the sessions at no cost
- this retreat is free for all Yuan Gong master teachers.

Registration

To register (whether attending the event live or doing it via recordings), please follow the steps below:

1. Fill in the online registration form (follow the link below):

<https://forms.gle/1T3QBDEwqVnLR3DU8>

2. Make your donation payment (if applicable):

Read the previous section for information about the amount.

To view the ways of payment click here:

<https://www.renxuebulgaria.org/en/bank-details>

3. Send Vlado an email with:

- **your photo** so Vlado can include it in the Xin-Qi-album of the event. We'll be using the album to help us better connect with each other and with the Full Moon Qifield (you can skip this step if you've already sent your photo on a previous occasion, or you prefer to not share your photo with the other participants – in this case, we'll include you in the album only with your name).

4. Keep an eye on your Inbox: You will receive the connection instructions, the Qi-album, and the final retreat programme via email on the 29th. If you have registered but you haven't received the Final Instructions email by 12pm on 29 Sept (EEDT), please contact Vlado right away.

* Please note your registration becomes valid only after receiving our confirmation (step 4 above).

For more info

Call Vlado on:

phone: +359 877 239 231 or

send him an email to vlado@renxuebulgaria.org

To find out about Ren Xue and Yuan Gong, visit our website:

<https://www.renxuebulgaria.org/en>

