

Please note that this schedule is subject to change.

Friday			
6:15-7:00 am	Warm-up and Stretch and Group Form		
7:00-8 am	Breakfast (on your own)		
	Room 1	Room 2	Room 3
8:00 AM	Welcome		
8:15-10:00	Randy Sugawara Xingyi Basics – Grandmaster Henry Look’s Style and Methods	Joanna Schoon Y.C. Chiang’s 19 Principles	Jeanne Courtney Rob Rosenbaum Pai Da Gong
10:15 12:00	Rick Barret Song Kua	Valarie Experience-Experiment	Paul Taylor Energy Work
12:00-1:15	Lunch (on your own)		
1:15 - 3:15	Randy Sugawara Xingyi Five Elements – Introduction to the Five Fists	David Wei Tui Na	Joanna Schoon Slow Tai chi
3:30 - 5:15	David Wei Tu Ga Na Xin - Doaist Breath Work	Paul Taylor Energy Work	Rick Barret #2 Meeting the Big Qi
5:30-6:45	No Host Bar		
7:00-8:30	Dinner		

Saturday			
6:15-7:00	Warm-up and Stretch and Group Form		
7-8 AM	Breakfast (on your own)		
	Room 1	Room 2	Room 3
8:00-9:45	Jeanne Courtney Rob Rosenbaum Pai Da Gong	Joanna Schoon Y.C. Chiang’s 19 Principles	David Wei Tu Ga Na Xin - Doaist Breath Work
10:15-12	Paul Taylor Energy Work	Rick Barrett Meeting the Big Qi	Randy Sugawara Xingyi Five Elements – Introduction to the Five Fists
12:00-1:15	Lunch (on your own)		
1:15 - 3:15	Randy Sugawara Xingyi Basics - Grandmast Henry Look’s Style and Methods	Rick Barrett Song Kua	David Wei Tui Na Basics
3:30 - 5:15	Erlene Chiang Food as Medicine	Valarie Prince Gabel Experience-Experment	FuTung Cheng Class for Advanced Practitioners
5:30-6:45	No Host Bar		
7-8:30	Dinner		

Sunday			
6:15-7:00	Warm-up and Stretch and Group Form		
7-8 AM	Breakfast (on your own)		
	Room 1	Room 2	Room 3
8:~9:30 Am	FuTung Cheng Teacher’s Workshop	Empty	Rick Barrett Love-based Martial Arts
9:30-10 am	Break - Room Check Out		
10:15-11:45 am	FuTung Cheng Teacher’s Workshop *This workshop finishes at Noon	Empty	David Wei Tu Ga Na Xin - Doaist Breath Work
12noon	Group Form - Closing		