

SILK WIND 2017 RETREAT SCHEDULE

FRIDAY, MAY 19

4:00pm	Arrive, Unpack, and Settle In	
6:00pm	Program Overview & Tai Chi Silk Reeling QiGong	
7:00pm	DINNER	
8:00pm	Overview of Yogic Philosophy of Kosha and Mandala Circle Flow practice	Overview of Tai Chi, Bagua, & Xingyi and their signature weapons
9:30pm	Movies in the Lounge	

SATURDAY, MAY 20

7:30am	Tai Chi Silk Reeling QiGong & Sun Salutations	
8:30am	BREAKFAST	
9:30am	Yoga on the Ball	Tai Chi Forms
10:30am	Yoga Dowel practice	Tai Chi Sword
12:30pm	LUNCH	
1:30pm	FREE TIME for Hiking, Canoeing, Relaxing...	
3:00pm	Playful Partner Yoga	Xing Yi 5 Element Forms
4:00pm	A Touch of Thai Yoga	Xing Yi Spear
6:00pm	DINNER	
7:30pm	Mandala River Rocks Painting	
9:00pm	Bon Fire & Music (bring your ax and sing outta tune!)	

SUNDAY, MAY 21

7:30am	Tai Chi Silk Reeling QiGong & Sun Salutations	
8:30am	BREAKFAST	
9:30am	Yin Yoga	Tai Chi Forms
10:30am	Restorative Yoga	Bagua 8 Energy Forms
11:30am		Bagua Deer Horn Knives
12:30pm	LUNCH	
1:30pm	Yoga Nidra	Bagua Deer Horn Knives (continued)
2:30pm	Retreat Closing Meditation	
3:00pm	Pack Up and Drive Home	