

SILK WIND RETREAT at the Won Dharma Center

FRIDAY, April 5

3:00pm	Arrive, Unpack, and Orientation	
4:00pm	Program Overview and Yin Yoga Practice	Program Overview and QiGong Practice
5:30pm	DINNER	
7:00pm	Introduction to the Prana Vayus #1 Prana Vayu / Respiration	Introduction to the Sword Form of Wu Ji Taijiquan Sword Form (#'s 1-13) Blade-Edge Sensitivity Partner Drills
9:00pm		

SATURDAY, April 6

6:00am	MORNING MEDITATION (with WON DHARMA STAFF)	
7:30am	BREAKFAST	
9:00am	#2 Apana Vayu / Elimination #3 Samana Vayu / Assimilation	Metal Element QiGong and Meditation of the Blade Review Sword Form #1-13, plus #14-26 Molinetti/Tramazzone Partner Drills
12:00pm	LUNCH	
	FREE TIME for Hiking, Exploring, or Just Relaxing	
2:30pm	#4 Udana Vayu / Communication	Review Sword Form #1-26, plus #27-31 Bagua Quick Step Walking Drills with Sword
5:30pm	DINNER	
7:00pm		

SUNDAY, April 7

6:00am	MORNING MEDITATION (with WON DHARMA STAFF)	
7:30am	BREAKFAST	
8:30am	# 5 Vyana Vayu / Circulation	Metal Element QiGong and Meditation of the Blade Review Sword Form #1-31, plus #32-37
10:00am	DHARMA MEDITATION SERVICE (with WON DHARMA STAFF)	
12:00pm	LUNCH	
12:30pm	Review and Closing Meditations	Sword Form Review and Final Run Through...