

Day / Time	FRI JUNE 26	SAT JUNE 27	SUN JUNE 28	MON JUNE 29
Session 1 (approx. 1 hr)	Roots & Branches: 1 TYB - Gerrie, MO & Greg	Roots & Branches: 2 Water - Gerrie & Edna	Roots & Branches: 3 Wood - Gerrie & Greg	Roots & Branches: 4 Fire - Gerrie & Patrice
	Q & A	Q & A	Q & A	Q & A
	Break	Break	Break	Break
Meditation & Relaxation (30 mins)	Introduction and Taijitu Meditation - Patrick	Passive Relaxation - Patrice	Five Element Qi Protection Meditation - Mark	Metta Meditation - Tina
	Break	Break	Break	Break
Session 2 (approx. 1 hr)	Eight Ways: Day 1 Sculling - MO & Edna	Eight Ways: Day 2 Wearing the Moon as a Cap - MO & Jon	Eight Ways: Day 3 Walking on Thin Ice - Jon & Matsu	Eight Ways: Day 4 Flying - Edna & Matsu
	Q & A	Q & A	Q & A	Q & A