

WITW XV Schedule

Healing Inside and Out

(October 23-25, 2009)

| Day | Time | Activity | Presenter | Notes |
|-----------------|----------------------|--|--------------------------------|----------------------------------|
| | | WITW XVI Schedule | | |
| | | "T'ai Chi and the Senses" | | |
| | | October 29-31, 2010 | | |
| Friday | | | | |
| PM | 5:30-6:30 PM | Dinner | | Cafeteria |
| | 6:30-7:00 PM | Welcome | Julie, Sharon | Cafeteria |
| | 7:00 -9:00 PM | concert | Bill Staines | Great Room |
| | 9:00 PM ish | Form | All | Great Room |
| | 9:30 | Relax, refresh, etc. | | |
| Saturday | | | | |
| AM | 7:00-8:00 AM | Meditation | Gary | comfortable clothes, pillow etc. |
| | 8:00-9:00 AM | Breakfest | | |
| | 9:00-9:20 AM | 6th Sense-Directing Energy | Julie | Great Room |
| | 9:25-10:00 AM | Walking Meditation | Linda | dress for the weather |
| | 10:15-11:15 | Tai Chi@48-Body Mechanics & Articulation | Gary | Great Room |
| | 11:15-12:00 | Break | All | |
| PM | 12:00-1:30 PM | Lunch/Free Time | | |
| | | | | Location |
| | 1:30-2:30pm | Tai Chi Music | Dan | Great Room |
| | 15 min Break | | | |
| | 2:45-3:45pm | Chi Gong, Sword form | Gary/ Mike Thiesen, Mic | Two choices- |
| | 3:45-5:30 PM | Break | | walk, nap, practice, whatever |
| | | | | |
| | 5:30-6:30 PM | Dinner | | |
| | | | | |
| | 6:30-7:00 PM | Directing Energy to Soothe the Senses: How to Massage Faces." | Julie | |
| | 7:30-8:00PM | Readings | Dan | Poetry, readings, come and share |
| | 8:00-9:00PM | Drumming | All | bring your drum, drums available |
| | 9:00 PM ish | Canteen Time | All | |
| | 10:00 PM | Meditation | Gary | |
| Sunday | | | | |
| AM | 7:00-8:00 AM | Meditation | Gary | |
| | 8:00-9:00 AM | Breakfest-bring stuff to share | On Your Own | Bring stuff to share |
| | 9:00-9:30 AM | Form | All | |
| | 9:30 AM | Closing | | |