

# ELEVENTH WORLD CONGRESS ON QIGONG/TCM AND THE 11<sup>TH</sup> AMERICAN ASSOCIATION ANNUAL CONFERENCE

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**\*Program Schedule Flow at a Glance: September 19<sup>th</sup> to 23<sup>rd</sup>, 2008**  
Including pre and post Congress Workshops and Consultations September 19<sup>th</sup>, 22<sup>nd</sup> and 23<sup>rd</sup>  
**QIGONG FOR INDIVIDUAL AND PLANETARY HEALTH II: AN ESSENTIAL BALANCE**

## **Fund-raising for Sichuan China earthquake relief efforts**

### **Friday, September 19, 2008**

09:00 am — 05:00 pm: **Pre Congress Master Workshops** (full or half- day)  
11:00 am — 12:00 pm: Press Conference  
02:00 pm — 04:00 pm: Meeting of WQF and AQA  
04:00 pm — 07:00 pm: Exhibit Hall (including Silent Auction)  
05:30 pm — 06:45 pm: Reception in Exhibit Hall  
06:45 pm — 07:05 pm: **The Lion Dance** - a cultural symbol for joy, happiness, success, good luck and fortune and ward off evil energy  
07:00 pm — 10:00 pm: **Grand Opening of Congress and Masters' Blessings**, VIPs, demonstrations and presentations in Ballroom including spectacular performances by Shaolin Temple Monks.

### **Saturday, September 20, 2008**

07:00 am — 08:00 am: Qigong Exercises  
07:00 am — 07:00 pm: Exhibits (including Silent Auction)  
09:00 am — 12:30 pm: Scientific Panel: moderator Dr. Shin Lin in Ballroom  
12:30 pm — 02:00 pm: Lunch Sessions and Lunchtime on own.  
02:00 pm — 03:30 pm: Presentations and Demonstrations in Ballroom  
03:30 pm — 04:00 pm: Stretch Break  
03:30 pm — 06:00 pm: Chow Qigong Reunion  
04:00 pm — 05:30 pm: Simultaneous Workshops Session I  
06:00 pm — 11:00 pm: **Gala Dinner Event:** a Grand Cultural Exposition  
06:15 pm Dinner is served  
07:00 pm — 09:30 pm: **Program:** Awards Presentation, Live Auction, Remarkable Demonstrations of Instantaneous Healing, Martial Arts, & Music.  
09:30pm — 11:00+ pm: **Dancing for Life: Qi-Dancing** with Masters; The Creation Dance of the DNA; and the Qi of other styles of dancing: Latin, Ballroom, Line, Salsa, Folk, Lindy, Swing, Hawaiian, and More.

### **Sunday, September 21, 2008**

07:00 am — 08:00 am: Qigong Exercises  
07:00 am — 03:30 pm: Exhibits (including Silent Auction which closes at 2pm)  
08:45 am — 10:15 am: Simultaneous Workshops Session II  
10:15 am — 10:30 am: Stretch Break  
10:30 am — 12:00 pm: Simultaneous Workshops Session III  
12:00 pm — 01:30 pm: Lunchtime – Exhibit Hall  
01:30 pm — 03:00 pm: Simultaneous Workshops Session IV (closure of silent auction)  
03:00 pm — 03:30 pm: Stretch Break  
03:30 pm — 05:30 pm: **Spectacular Closing Ceremony of Congress and Masters' Blessings.** Projections for Future of Qigong/TCM: with Special Presentations, Demonstrations and Attractions in Ballroom.

### **Monday, September 22, 2008**

09:00 am — 05:00 pm: **Post Congress Master Workshops** (full or half- day)  
09:00 am — 05:00 pm: **Personal Consultations** – Pre-book, confirm with full payment

### **Tuesday, September 23, 2008**

09:00 am to 05:00 pm: **Post Congress Master Workshops** (full or half- day)  
09:00 am to 05:00 pm: **Personal consultations** – Pre-book, confirm with full payment

\*Program subject to change