

# Nam Yang Island Retreat - Full Program

## Monday

11:00: Boat pick-up and island check-in

13:00: Lunch and program introduction by Master Iain

Talk: A master is an asset to their community.

Our program.

14:00 - 17:30: Start of the training program (3.5 hours)

14:00: Stance and stability | Sum Chien training: stability and relaxation

15:40: Introduction to Chinese tea

16:00: Walking meditation | Shuang Yang Pei Ho lesson 1

16:45: Introduction to Chi Kung

17:30: End of training

Evening 19:00: Dinner on the island | Kung Fu demonstration

## Tuesday

07:00 - 13:00: Training session (including tea break and light breakfast)

07:00: Tong Ling Chi Kung lesson 1 | Shuang Yang Pei Ho lesson 2 | Stretch

08:45: Breakfast

09:45: Self-defense techniques 1 | Striking techniques 1 | Pushing Hands

11:15: Tea

11:45: Weapon training lesson 1 (Sticks - Optional) | Sum Chien training: the opening | Shuang Yang Pei Ho lesson 3

13:30: Lunch and free time

15:00: Training session | Breathing | Sum Chien training: breathing, ending

16:15: Tea

16:45: Sum Chien training: breathing, ending | Sum Chien: defense application

17:30: End of training

Evening: Dinner on the island

# Nam Yang Island Retreat - Full Program

## Wednesday

07:00 - 13:00: Training session (including tea break and light breakfast)

07:00: Tong Ling Chi Kung lesson 2 | Shuang Yang Pei Ho lesson 4 | Stretch

08:45: Breakfast

09:45: Self-defense techniques 2 | Striking techniques 2 | Pushing Hands

11:15: Tea

11:45: Weapon training lesson 2 (Sticks - Optional) | Sum Chien training | Shuang Yang Pei Ho lesson 5

13:30: Transport to Staverden (includes lunch, a tour, and either a walk or training in the garden or forest).

17:30: Return to Harderwijk, Walhalla

18:00: Dinner (own arrangements in Harderwijk)

18:00 - 21:00: Boat transport to the Island (every hour)

## Thursday

07:00 - 13:00: Training session (including tea break and light breakfast)

07:00: Tong Ling Chi Kung lesson 3 | Shuang Yang Pei Ho lesson 6 | Stretch

08:45: Breakfast

09:45: Self-defense techniques 3 | Striking techniques 3 | Pushing Hands

11:15: Tea

11:45: Weapon training lesson 3 (Sticks - Optional) | Sum Chien training: recap on the full routine with breathing, face, and senses | Shuang Yang Pei Ho lesson 7

13:30: Lunch and free time

15:00: Training session | Springy internal power | Sum Chien training: springy internal power

16:15: Tea

16:45: Fighting with the Tiger - Crane art

17:30: End of training

19:00: Evening BBQ with live music (Hound Dog) and demonstrations

## Nam Yang Island Retreat - Full Program

### Friday

07:00 - 11:30: Final training session (including tea break and light breakfast)

07:00: Tong Ling Chi Kung: full routine done together | Shuang Yang Pei Ho lesson 8 | Stretch

08:45: Breakfast

09:45: Self-defense techniques 4 | Striking techniques 4 | Sum Chien training | Pushing Hands

11:30: Tea

12:00 - 13:00: Recap session with Master Iain

13:00 - 14:00: Packing and farewells

14:00: Boat return