**HEARTCHAN 2016 TEACHER TRAINING**

**December 1 through December 15**

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| **Daily morning schedule:** | | | | | | | | | | | |
| 6:00-7:00am  morning meditation | | 8:00-900am  morning exercise  (Qigong/Taichi) | | | | 1 hour of work practice as assigned/agreed for teacher training participants   * Most of the outside work will be dormant during this time, other than some leaf and debris housekeeping, focus will be on cleaning and light maintenance of the meditation areas, common areas and units. Daily meeting in tea house to discuss /agree assignments. | | | | | |
| **Mid- Morning course development/Private Qigong sessions/Evening Schedule** | | | | | | | | | | | |
| Monday | Tuesday | | | | Wednesday | | | | Thursday | | Friday |
| Proficiency course outline development.  Qigong assessments | 7:00pm-8:30pm Chan Intro Meditation class, eight weeks | | | | Proficiency course outline development.  Qigong assessments  10:00pm - 11:00pm Chan broadcast (bi-weekly) | | | | 7:00pm - 8:30pm Body practice Qigong/Taichi class | | Proficiency course outline development.  Qigong assessments |
| **Teacher Training**  Every afternoon from 3pm – 5:30pm ( no classes or scheduled activity on Sundays) | | | | | | | | | | | |
| 12/1-12/3 | | | | 12/4-12/8 | | | 12/9-12/12 | | | 12/13-12/14 | |
| Establishing and maintaining 3 way connection. (Shifu/”student”/teachings)  Q&A ,feedback | | | Establishing and maintaining 3 way connection. Intro course material, one to one with “student”  Q&A ,feedback | | | | | Establishing and maintaining 3 way connection. Intro course material, multiple “students”  Q&A ,feedback | | Establishing and maintaining 3 way connection. Proficiency course material, multiple “students”  Q&A ,feedback | |