

Appendix 1

THE THIRD INTERNATIONAL HEALTH QIGONG FEDERATION LEADERSHIP WORKSHOP

CONFERENCE AGENDA

DATE	TIME	ACTIVITIES	LECTURER
Feb.24 Saturday	All Day	Registration	
Feb.25 Sunday	08:30-09:15	Opening Ceremony and Awarding Ceremony for 2017 World Health Qigong Day Organization Award and Honorary Duan Diploma	
	09:30-12:00 14:00-18:00	Health Qigong International Promotion Forum 1. Outline of the International Health Qigong Promotion 2. Health Qigong: A Need of the Times 3. The Relationship between Harmonious Life and Integration of Mind, Body and Breath 4. Legal Protection Issue of Health Qigong International Development	Mr. Chang Jianping Mr. Tao Zulai Mr. Liu Tianjun Mr. Yang Jitang
Feb.26 Monday	08:30-12:00	Basic Fitness Principles of Qigong	Mr. Tao Zulai
	14:00-18:00	IHQF Executive Board Meeting	
		Interpretation on NEW Competition Rules	Mr. Hu Xiaofei
	19:00-22:00	Duan Examination – Theory Test	
	19:00-20:30 20:30-22:00	Introduction to Chinese Health Qigong App Introduction to Seven-cultivation and Three-rehabilitation Program	MotionTek
Feb.27 Tuesday	08:30-12:00	Health Qigong and Wu Yun Liu Qi Theory	Ms. Su Ying
	14:00-18:00	Routine Training of <i>Health Qigong Da Wu (Short Version)</i>	Mr. Lei Bin
	19:00-21:00	Visit the Seven-cultivation and Three-rehabilitation Program	

DATE	TIME	ACTIVITIES	LECTURER
Feb.28 Wednesday	08:30-12:00	Health Qigong and the Theory in the Medical Classic of the Yellow Emperor	Mr. Gao Yetao
	14:00-18:00	<i>Health Qigong Ba Duan Jin (Advanced Version) Part I</i>	Mr. Yang Bailong
	19:30-21:00	Routine Training of <i>Health Qigong Taiji Yang Sheng Stick(Short Version)</i>	Ms. Wang Yulin
Mar.1 Thursday	08:30-12:00	The Chinese Medicine Health Cultivation Culture in Health Qigong	Mr. Zhang Mingliang
	14:00-18:00	<i>Health Qigong Ba Duan Jin (Advanced Version) Part II</i>	Mr. Yang Bailong
	19:00-21:00	Banquet	
Mar.2 Friday	08:30-09:30	Lecture on International Health Qigong Duan System	Mr. Wu Zhipeng
	09:30-12:00	Duan Examination – Technical Test	
	14:00-17:30	Experience the Seven-cultivation and Three-rehabilitation Program	
Mar.3 Saturday	Before 12:00	Departure	