

LWP 2021 Schedule for Website NOTE: Times listed below are EST For CT -2 hours, PT -3 hours, London +5 hours, Sydney +16 hours *****

Time	Friday - Room 1	Friday - Room 2	Saturday - Room 1	Saturday - Room 2	Sunday - Room 1	Sunday - Room 2
8:30 am ET	Welcome - introduce team	(empty)	Medical Qigong (30 minutes)	(empty)	Medical Qigong (30 minutes)	(empty)
9:00 am ET	Medical Qigong (60 minutes)		Wudang Animals in Harmony (60 minutes)	Qigong for Immunity (60 minutes)	Head To Toe With Flow (60 minutes)	Where Am I? (60 minutes)
	15 min break	15 min break	15 min break	15 min break	15 min break	15 min break
10:15 am ET	Five Elements for relieving stress (120 minutes)	Where Am I? (120 minutes)	Intro to TC Silk Reeling Therapy (120 minutes)	Healing Connections (120 minutes)	Mind, Body, & Balance (120 minutes)	Nature Therapy (120 minutes)
12:30 pm ET	Let's connect (Room 1) with Mearl/Deirdre/Dan		Let's connect (Room 2)...Dr. Sharyl/Maureen/Meghan		Closing for early time	
1:00 pm ET	Solo Push Hands (120 minutes)	Head To Toe With Flow (60 minutes)	Taoist Meditation with Soft Gaze (60 minutes)	Teaching Remotely (120 minutes)	Taoist Meditation with Soft Gaze (120 minutes)	Comparing Applications (120 minutes)
		15 min break	15 min break			
2:15 pm ET		Qigong for Immunity (60 minutes)	Body Connection (60 minutes)			
3:15 pm ET	15 min break	15 min break	15 min break	15 min break	15 min break	15 min break
3:30 pm ET	Wudang Animals in Harmony (60 minutes)	Mind, Body, & Balance (120 minutes)	Healing Foods (120 minutes)	Shibashi (60 minutes)	Five Elements for relieving stress (120 minutes)	Teaching Remotely (120 minutes)
4:45 pm ET						
5:45 pm ET	Let's connect (Room 2) with Sheri/Mike/Maureen		Let's connect (Room 1) with Dan/Sheri/Mearl		Closing	
6:30 pm ET	Intro to TC Silk Reeling Therapy (120 minutes)	Comparing Applications (120 minutes)	Solo Push Hands (120 minutes)	Nature Therapy (120 minutes)	Networking/happy hour	
*****	Time Zone Map					