

Zenways Family Gathering 2024

Preliminary Programme

Note: This programme is preliminary and subject to change

Friday 23 Aug 2024	Arrivals and registration from 16.00	
	Welcome by Daizan	
	Dinner 18.30 – 19.30	
	Icebreaker for all Yoga Nidra Camp fire (weather permitting)	
	<i>Programme ending 22:00</i>	
Saturday 24 Aug 2024	Meditation	
	Breakfast 8.00 – 9.00	
	Yoga Capoeira workshop, incl. a session on history & ritual of Capoeira Pre- and postnatal exercise guidelines for yoga (CPD*) Engaged Zen Practice (CPD*) Reiki (CPD*) Clowning Zen creativity Zen running Archery and weapon training	
	Lunch 13.00 – 14.00	
	Breathe and Relax Qigong moving meditation Wing Chun (Southern Chinese martial art) Dealing with difficult people (CPD*) Group Koan workshop for beginners (CPD*) Ceilidh dancing with live band	
	Dinner 18.00 – 19.00	
	Mindfulness in literature Mu chanting Camp fire (weather permitting)	
	<i>Children's activities will be organised throughout the day, such as indoor/outdoor games, treasure hunt and collage crafts</i>	
	<i>Programme ending 21:15</i>	
	Sunday 25 Aug 2024	Meditation
		Breakfast 8.00 – 9.00
		Guided meditation Zen running Folk singing Capoeira workshop Secret teaching of the energy wheels (CPD*) Adapting your teaching practice as you age (CPD*) Children's activities
Lunch 13.00 – 14.00		
Closing words by Daizan Departure Optional: stay for another night, leaving on Mon 26 Aug		

*CPD: Session qualifying for continuous professional development
There will be opportunity for a 1:1 conversation with Daizan.