

2021 COLLEGE OF TAO VIRTUAL RETREAT SCHEDULE

REBUILDING LIFE FORCE, RESTORING BALANCE

February 10-14, 2021; Post Retreat February 15, 2021

Welcome to the 2021 College of Tao Virtual Retreat. Please join us for an uplifting gathering of Qi and Spiritual Renewal for 5 days, from the comfort of your home. We will focus on restoring your body, mind, and spirit releasing the past and inspiring the purpose for your life. You will come away with a sense of a refreshed spirit, revitalized body.
Don't Miss it Register Today!

Complete 5 DAY Virtual Retreat Workshop is (BEST VALUE)

Book on College of Tao for Easy Registration

(Special Discount) Only \$ 295.00

Yo San Students and Yo San Alumni see Email for their Discount for the 5 Day Retreat

5 Day Retreat INCLUDES: Entire Retreat 33 Classes

Only The Complete 5 Day Retreat Workshop gives you

Recordings of the Entire Retreat sent to you for viewing 30 days

Package (1) Virtual Pre-Retreat Wednesday (Three Classes) \$90 Book on Vagaro

2.01 9AM-5:30pm Eight Treasures Community Intensive (Barbara Wolff, Dr Mao, Dr Dao & Sr Instructors) **LUNCH BREAK** 12:30-2pm

5:30-6:00pm Free Time

2.02 6:00-6:30pm Dr Mao's healing kitchen (Pre-Recorded)

DINNER BREAK 6:30-7:30pm

2.03 7:30-8:30pm One Spiritual Reality Study Group with Dr Peter Stege

(See Bookstore Button on this site, 10 % Off plus Dr. Mao will personally sign your book)

Package (2) Virtual Pre-Retreat Thursday (6 Classes) & Friday (4 Classes) \$ 180.00 Book on Vagaro, (see instructions for Packages)

2.04 9-10:30 Self-Healing Chi Gong with Claire Cunneen

2.05 11-12:30pm Merry-Go-Round with Bagua and QiGong Principles with Dr. Arnold Tayam

LUNCH BREAK 12:30-2pm

2.06 2-3:30pm Self-Healing Chi Gong with Dr Bita Yadidi

2.07 4-5:30pm Dao In with Dr John Barber

2.08 6-6:30pm Dr Albert's healing kitchen with Dr Albert Vaca (Pre-Recorded)

DINNER BREAK 6:30-7:30pm

2.09 7:30-8:30pm I-Ching Experience with James Tuggle, J.D. (Thursday)

Friday During Day (Four Classes)

2.10 9-10:30am Dao In with Darja Kološa

2.11 11-12:30 pm Harmony Tai Chi with Dr Peter Stege - Friday

LUNCH BREAK 12:30-2pm

2.12 2-3:30pm The Eight Treasures with Suuz Martines and Rob Bruce

2.13 4-5:30pm Taoist Meditation with Dr Mao

GENERAL RETREAT BEGINS FRIDAY 5:30pm

Package (3) Virtual General Retreat Friday Eve, Sat and Sun (20 Classes) \$250 (Book on Vagaro see Instructions for Packages)

3.01 5:30-6pm Dr Mao's Healing Kitchen (Pre-Recorded)

DINNER BREAK 6-7PM

3.02 7-7:30pm Day One Welcome Talk with Claire Cunneen **3.03** 7:30-8:30pm Talk with Dr Mao

3.04 8:30pm Sleep Ritual, Meditation & Journaling

(Optional add-ons: Home Detox Kit and/or Sleep Kit (See Bookstore Button on this site 10 % off)

Saturday (Nine Classes)

3.05 7-8am Nature as a Healer-Nature Hike with Dr Dao (Pre-Recorded)

BREAKFAST BREAK 8-9am

3.06 9-10:15am Dao In with Dr Peter Cunneen

3.07 10:30-12pm Crane Style Qi Gong with Dr Dao

LUNCH BREAK 12:00-2pm Lunch

3.08 2-3:30pm Qi Gong and Meditation for Cancer Support & Cancer Prevention with Ed Sullivan

3.09 3:45-5pm Change Your Life with Five Elements with Dr Mao

FREETIME 5-6pm

3.10 6-6:30 Dr Angela's Healing Kitchen with Dr Angela Park **DINNER 6:00-7:00pm Dinner**

3.11 7:00-8:15pm Breakout into Women's Group-Sisters of The Heavenly Way with Barbara Wolff & Men's Group-Brothers of The Heavenly Way with Jono Howard & Curt Callison

3.12 8:30-9:00pm Evening Meditation with Dr Dao

3.13 9pm 8:30pm Sleep Ritual, Meditation & Journaling

(Optional add-ons: Home Detox Kit and/or Sleep Kit (See Bookstore Button on this site 10 % off)

Sunday (Seven Classes)

3.14 7-8am Nature as a Healer-Nature Hike with Dr Mao 8-9am

3.15 9-10am Path of Constructive Life Coaching Presentation with Phillip Christman, Dean Life Coaching

3.16 10- 11am Spiritual Renewal and Gratitude Ceremony and talk with Dr Mao and Dr Dao

3.17 11-12pm Message from Grandmaster OmNi and New Year Demonstration, The Shrine at Yo San University

LUNCH BREAK 12-2 pm Lunch and Rest

3.18 2-3:30pm The Eight Treasures: Initiating Change with Treasure Number One with Dr. Jason Moskovitz **3.19** 4-5pm Taoist Meditation with Olivia Rosewood-Director ITMI

3.20 5-6pm Concluding Talk and Meditation with Dr Mao

RETREAT CONCLUSION

POST TEACHERS TRAINING INTENSIVES MONDAY FEB 15TH Book on College of Tao Website

Monday Feb 15, 2021@ \$80 each

4.11 8-11 am Taoist meditation teachers training intensive with Dr. Mao and Olivia

4.12 11am-2 pm Eight Treasures Qi Gong teachers training intensive with Barbara Wolff & Dr Mao

4.13 2-5 pm Self-Healing Qi Gong teachers training intensive with Ed Sullivan and Dr. Mao