

REIKI JIN KEI DO 14TH ANNUAL FALL GATHERING
PARTICIPANT AGENDA
OCTOBER 24-25, 2020

FALL GATHERING THEME: IN THE MIDST OF WHAT IS

RETREAT OBJECTIVES:

- Continue to build connection within the Reiki Jin Kei Do Community
- Engage collectively in the three pillars of Reiki Jin Kei Do: meditation, qi gong, and Reiki
- Use the lens of forgiveness to look inward at the emotions that have been stirred up over the past 8 months
- Deepen the practice self compassion when times are difficult
- Release COVID-19 fears to realign with Spirit

<i>Day 1, Saturday – October 24, 2020</i>	
<i>Time</i>	<i>Activity</i>
9:30-10:00	If you are new to Zoom – get technical assistance from Rodrigo with testing connection, microphone, etc. Call 571-249-8364
10:00-10:05	Welcome
10:05-10:10	Rules of the Road (Zoom info) – Rodrigo Ortiz
10:10-10:30	Opening Meditation
10:30-12:00	Check-in
12:00-1:30	LUNCH BREAK
1:30-2:30	Wrestling with Forgiveness during COVID 19 – Pat Fogle
2:30-2:45	BREAK
2:45-3:45	Self Compassion – How to be a Friend to Yourself in the Midst of Difficulty Veronica Fernandez-Diaz
3:45-4:15	BREAK
4:15-5:00* End time is up to individual groups	Long Distance Reiki Exchange Session 1 – Groups of 3
5:00-7:00	BREAK
7:00-7:05	In the Midst of What Is – Slide Show Karl and Angela Robb
7:05-8:00	Informal Chat

Day 2, Sunday - October 25, 2020

<i>Time</i>	<i>Activity</i>
10:00-10:15	Meditation
10:15-11:15	Breathing Hour with Qi Gong – Pauline Reid
11:15-11:30	BREAK
11:30-12:30	Easing COVID 19 Fears to Realign Your Life with Spirit - Rodrigo Ortiz
12:30-1:30	LUNCH BREAK
1:30-2:15	Long Distance Reiki Exchange Session 2 – Groups of 3
2:15-2:30	BREAK
2:30-2:45	Closing