



Art & Science of Qigong Healing Program by Ajhan Chamras Bamrungratt

Day 1

Arrival Day, Pick up at the airport and check in

17.00 -18.00 AM Orientation at Niramaya Wellness Center

** History of Qigong * Does Qi energy really exist in our body and the universe? Is Qigong really capable of health care? Is Qi energy capable of healing illness?*

18:00 -19:00 PM. Dinner at Cliff Terrace and free time after dinner

Day 2

7.00 - 8.00 AM Introducing the Qigong Movements at Niramaya Wellness Center

8.00 - 09.15 AM Breakfast at Cliff Terrace Kitchen

9.30 -10.30 AM Discussion with question and answer at Niramaya (continued)

What do the scientists' views of Qigong and Qi energy?

What are the scientific evidences of Qi energy healing effects?

Question – Answer

10.30 - 11.00 AM Herbal Tea Break @ Lae Pa Cafe

11:00 – 12:00 AM *Qigong Meditation*

12:00 -13:00 PM. Lunch at Cliff Terrace

13:00 -14:00 PM. Siesta/Free time

14:00 -16:00 PM. Thai Therapeutic Healing Massage at Niramaya Wellness

16:00 -16:15 PM. Afternoon Juice @ Lae Pa Cafe

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16.30 - 17.00 PM. Testing with life force energy (Qi energy) at Niramaya

17:00 – 18:00 PM. Rehearsal of the Qigong motions at Niramaya

18:30 -19:30 PM. Dinner at Cliff Terrace and free time after dinner

Day 3

7.00 - 8.00 AM Qigong Motions/Meditation rehearsal at Niramaya

8.15 - 09.15 AM Breakfast at Cliff Terrace Kitchen

9.15 -10.15 AM Free time/ Optional Natural Walk

10.30 - 11.00 AM Herbal Tea Break @ Lae Pa Cafe

11.00 – 12:00 AM Program Round up/Close at Niramaya

12:00 -13:00 PM. Lunch Break

13:00 -13:30 PM. Siesta and Free time

15:00 -15.15 PM. Afternoon Juice @ Lae Pa Cafe

15:30 - Departure to Hat Yai Airport

Note: The Day 2 and 3 are the application days. For convenience, you're requested to put on light and loose dress or sport dress. This program is subject to some changes if anything deems proper.