



Dali MingXin Retreat Program

18TH - 26TH OCTOBER, 2025

DAY 1

18TH OCTOBER

Welcome Dinner & Concert

DAY 3

20TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Sound Therapy (Qin, Singing Gongs,
Chanting) & Sound Creation

Chinese Calligraphy, Chinese Medicine,
Chinese Tea Ceremony

Tea conversation, or Zen Dance
session

DAY 2

19TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Sound Therapy (Qin, Singing Gongs,
Chanting) & Sound Creation

Chinese Calligraphy, Chinese Medicine,
Chinese Tea Ceremony

Tea conversation, or Zen Dance
session

DAY 4

21TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Sound Therapy (Qin, Singing Gongs,
Chanting) & Sound Creation

Chinese Calligraphy, Chinese Medicine,
Chinese Tea Ceremony

Tea conversation, or Zen Dance
session





Dali MingXin Retreat Program

24TH MAY - 1ST JUNE, 2025

DAY 5

22TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Sound Therapy (Qin, Singing Gongs,
Chanting) & Sound Creation

Chinese Calligraphy, Chinese Medicine,
Chinese Tea Ceremony

Tea conversation, or Zen Dance
session

DAY 6

23TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Spiritual Journey into Nature

Tea conversation, or Zen Dance
session

DAY 7

24TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Sound Therapy (Qin, Singing Gongs,
Chanting) & Sound Creation

Chinese Calligraphy, Chinese Medicine,
Chinese Tea Ceremony

Tea conversation, or Zen Dance
session

DAY 8

25TH OCTOBER

Chinese Martial Art/TaiJi

Meditation

Sound Therapy (Qin, Singing Gongs,
Chanting) & Sound Creation

Chinese Calligraphy, Chinese Medicine,
Chinese Tea Ceremony

Tea conversation, or Zen Dance
session

Farewell Dinner/ Breaking of
the Fast
