

## "The Secrets of Qi Gong" with Spiros Pristeris - Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 10:30	Zazen Meditation	Zazen Meditation	Zazen Meditation	Zazen Meditation	Zazen Meditation
10:30 - 11:30	Morning session	Morning session	Morning session	Morning session	Morning session
12:00 - 14:00	Noon session	Noon session	Noon session	Noon session	Noon session
14:30	Lunch	Lunch	Lunch	Lunch	Lunch



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