

## 21-Day Program - Practicing Qi Calendar (July 23-August 12) – Qi Jack 21

<b>Day 1</b> <b>Eight Extra Ordinary Vessels</b> <b>July 23</b> 9am-1pm with Master Liu	<b>Day 2</b> <b>Eight Extra Ordinary Vessels</b> <b>July 24</b> 9am-1pm with Master Liu	<b>Day 3</b> <b>Eight Extra Ordinary Vessels</b> <b>July 25</b> 9am-1pm with Master Liu	<b>Day 4</b> <b>Eight Extra Ordinary Vessels</b> <b>July 26</b> 21 minutes self-practice	<b>Day 5</b> <b>Eight Extra Ordinary Vessels</b> <b>July 27</b> 7am-8:00am with Master Liu	<b>Day 6</b> <b>Eight Extra Ordinary Vessels</b> <b>July 28</b> 21 minutes self-practice	<b>Day 7</b> <b>Eight Extra Ordinary Vessels</b> <b>July 29</b> 7am-8:00am with Master Liu
<b>Day 8</b> <b>Eight Extra Ordinary Vessels</b> <b>July 30</b> 21 minutes self-practice	<b>Day 9</b> <b>Eight Extra Ordinary Vessels</b> <b>July 31</b> 7am-8:00am with Master Liu	<b>Day 10</b> <b>Eight Extra Ordinary Vessels</b> <b>August 1</b> 21 minutes self-practice	<b>Day 11</b> <b>Eight Extra Ordinary Vessels</b> <b>August 2</b> 7am-8:00am with Master Liu	<b>Day 12</b> <b>Eight Extra Ordinary Vessels</b> <b>August 3</b> 21 minutes self-practice	<b>Day 13</b> <b>Eight Extra Ordinary Vessels</b> <b>August 4</b> 7am-8:00am with Master Liu	<b>Day 14</b> <b>Eight Extra Ordinary Vessels</b> <b>August 5</b> 9am-1pm with Master Liu
<b>Day 15</b> <b>Eight Extra Ordinary Vessels</b> <b>August 6</b> 21 minutes self-practice	<b>Day 16</b> <b>Tai Yi Qigong</b> <b>August 7</b> 9:30am-1pm 3:30pm – 5:30pm with Master Liu	<b>Day 17</b> <b>Tai Yi Qigong</b> <b>August 8</b> 9:30am-1pm 3:30pm – 5:30pm with Master Liu	<b>Day 18</b> <b>Tai Yi Qigong</b> <b>August 9</b> 9:30am-1pm 3:30pm – 5:30pm with Master Liu	<b>Day 19</b> <b>Tai Yi Qigong</b> <b>August 10</b> 21 minutes self-practice	<b>Day 20</b> <b>Tai Yi Qigong</b> <b>August 11</b> 21 minutes self-practice	<b>Day 21</b> <b>Tai Yi Qigong</b> <b>August 12</b> 7am-8:00am with Master Liu