

11th World Health Qigong Tournament & Exchange Schedule

Monday, July 21st

All Day Arrival and Registration
10:00 - 17:00 Meetings of IHQF Executive Board (Location TBD)

Tuesday, July 22nd

09:00 - 12:00 Health Qigong training (Location TBD)
12:00 - 14:00 Lunch Break
14:00 - 18:00 Health Qigong training (Location TBD)

Wednesday, July 23rd

09:00 - 12:00 Health Qigong training (Location TBD)
12:00 - 14:00 Lunch Break
14:00 - 18:00 Health Qigong training (Location TBD)

Thursday, July 24th

09:00 - 17:00 Mass demonstration & International Cooperation Challenge (Location TBD)

Friday, July 25th

09:00 - 12:00 Health Qigong training (Location TBD)
12:00 - 14:00 Lunch Break
14:00 - 18:00 Health Qigong training (Location TBD)

Saturday, July 26th

09:00 - 10:00 Opening ceremony (Richmond Olympic Oval)
10:00 - 18:00 Group and individual competitions (Richmond Olympic Oval)

Sunday, July 27th

09:00 - 17:00 Group and individual competitions & Award Ceremony (Richmond Olympic Oval)
19:00 - 22:00 Farewell Party (Continental Seafood Restaurant)

Monday, July 28th

Departure of all participants.