European Zhineng Qigong Center

News letter December 2004

Hello, all you Zhineng Qigong friends!
So, it is Christmas and New Year's time again.
A lot has happened during this year, but what is most important – as well as the aim of our work – is that many people got help for health problems of varying degrees while also increasing their quality of life. Next year will also be filled with activities, with the prospect of health improvement and, for those who wish so, continued development through Zhineng Qigong.

Summer Courses in Kvänum this year, too

The well-planned school Nestegårdsskolan which induced calm and concentration on the training, and the open and friendly atmosphere in the area, made the courses very successful. Never before have so many people applied in advance for the course as this year, making sure to be able to join next year's Summer Courses.

The Summer Courses

The opportunity to practise intensely for 9 or 18 whole days, in the Qifield, joining Dongyue's lectures and professional teaching make the Summer Courses our best courses. It is an effective combination when you look for health improvement as well as development through Qigong, and Dongyue develops the teaching each year.

Next year we will learn a couple of methods based on sound, and they are complementary to the ordinary training. At Level 1 there is a relaxation method and at Level 2 a method which is to be used while practising Hold Qi up.

The Summer Courses are especially suited to you with more severe health problems and to you who wish to increase your understanding of Qigong.

The Winter Course and Four-day Training

The Winter Course has been changed to week 13 but it will take place in Bollnäs as before. The course will be preceded by a basic course lasting two days, so there is the opportunity for a whole week's Shenxin Qigong training.

Stockholm will host the Four-day Training Course starting on the coming Epiphany Day. Both courses are alternatives for joining longer periods of intense training in the Qifield, something which may be just the thing in the darkness of Winter.

The Home Page

Visiting the Homepage is a good way to keep yourself updated on our activities. There you will find the latest news, information on our projects and different courses. Make sure you read the teachers' reports from Weekend - and other – courses, and also our participants' own writing. They tell us, in a personal and uplifting way, how they got help with a great number of different problems.

Zhineng Qigong and the Qifield

The Qifield is of great importance in Zhineng Qigong and it is present on all our lectures, courses and organized training. We get the help and support to improve our health faster and we get happier and more harmonious. Some participants find health improvement already during the first day of the course. Many participants who were in poor shape have expressed their surprise at being able to manage a course even though they can not normally manage other activities. For better results, we recommend that you practise daily and that you, whenever possible, join the Qifield.

Results from Our Projects

We aim to carry out projects with independent medical evaluation. In this way, we hope to make clear the positive effects that can be obtained through the training of Zhineng Qigong, so that more people may get the opportunity to increase their quality of life in a safe and effective way. On our home page you will find information about the results achieved through practising ZQ in our Qifield, on our courses or our Projects, for instance. Please note that the results achieved on the projects are valid to EZQC only.

A New Project in Stockholm

On the weekend of 29 to 30 January, we launch a new project which will continue for 6 weeks with training weekends on 19 to 20 February and 12 to 13 March. In between those dates there will be 2 hours of evening training twice a week. It will be open for everyone and, space permitting, you can join the weekends individually. Why not seize this opportunity?

And with these words Dongyue and EZQC wish you a Merry Christmas and a very Happy New Year. See you next year!

For more information:

www.europeanzhinengqigong.net

Email: **info@europeanzhinengqigong.net** or call: 08-590 933 13, 031-12 98 75

Binding application to courses by payment to:
Sweden: Payment of charge on postal giro 612 09 45-8, Abroad: SE 3195 0000 9960 1861 2094 58,
EZQC/Dongyue Su. It is recommended that the charge is paid 2 weeks ahead of course.

Application to: Summer and Winter Courses, TuiNa & Wei Tuo Jin
Payment of 1000 Skr, or total charge
If Summer Course please specify choice of diet: Ordinary, Vegetarian or Vegetarian + fish.

For children - age up to 15 - to join a parent or other guardian is required to join the course

Please Note! Persons with epilepsy or serious mental illness cannot join our courses.

Spring Term 2005, Week 2 - 22

Month	Date	Hold Qi Up, Sweden	Hold Qi Up Outside Sweden	Shenxin Qigong	Letures and other courses
Jan	**6 – 9**	Stockholm 4-days**			.
	15 – 16	Bollnäs			
	22 - 23				Wed. 19/1 lecture, Sthlm
	29 – 30	Stockholm	Kvinnherad		
Feb	**5 – 6**	Göteborg	Mariehamn		Göteborg IT-Gong, Sat. 5/2
	12 – 13	Lund	Helsingfors, Oslo		
	19 - 20	Stockholm tr.*	Trondheim		Wed. 23/2 Lecture, Kungsängen
	26 - 27	Växjö			Växjö IT-Gong, Sat. 26/2
March	**5 - 6**	Ljungby, Kungsängen	Bergen		
	12 – 13	Stockholm tr.* Karlstad, Helsingborg			
	19 - 20	Kalmar, Vara	Åbo		Tors 17/3 föreläsning Vara Vara IT-Gong To 17/3
Må - Ti	**28 – 29**			Winter course Bollnäs	
On - Sö	**30 – 3/4**			Winter course Bollnäs	
April	**2 - 3**	Malmö			
	9-10	Stockholm, Göteborg	**Bergen HQU 2**		
	16 – 17	Bollnäs		Oslo	
	23 – 24	Lund tr. course*		Stockholm, Göteborg	
May	**30 – 1**				
Thu-Fri	**5 – 6**				Sthlm, TuiNa
Sat-Sun	**7 – 8**	**Göteborg HQU 2**			Sthlm, Wei Tuo Jïn
	14 - 15				
	21 - 22	**Stockholm HQU 2**			
June, July	**27 – 15**	Summer Course 1 + 2			

*Two days training course: Joined Weekend course HQU or 20 times Drop In. **4-days course: Summer course or longer project. Lectures normally on Friday before weekend course. Please see lectures and courses on the Homepage or call or mail us for more information

Drop In Courses and Organized training The Spring Term 2005, Weeks 2 - 22

Stockholm

Drop In Course, Hold Qi Up, for new and experienced participants:
Thursdays at 6 to 7 p.m.
Premises: Klockhusets Samlingssal. See below.

Organized training
Hold Qi Up: Tuesdays at 6 to 8 p.m.
Summer Course or completed Project participants. In addition to the training you will also learn some simple exercises and get some tips on health care.
Premises: Brygghuset, Norrtullsg. 12 N

Hold Qi Up: Wednesdays at 6 to 8 p.m.
Weekend Course/20 times Drop In participants.
Premises:
Klockhusets Samlingssal. Sabbatsbergsv. 22.

Gothenburg

Drop In Course, Hold Qi Up: for new and experienced participants:
Please notice new day
Thursdays at 7 to 8 p. m.
Premises: Valhallabadet.

Organized training
Hold Qi Up: Mondays at 6.30 to 8.30 p. m.
Weekend Course / 20 x Drop In participants.

Hold Qi Up: Wednesdays at 7 to 9 p. m. Summer Course or completed Project participants. In addition to the training you will also learn some simple exercises and get some tips on health care.
Premises: Mon. and Wed. at Valhallabadet

Charges

Drop In Course: One time 70 Skr, 10-card 600 Skr. Charge same as Organized Training if you have joined Drop In 20 times or Weekend Course/Summer Course.

Organized Training, Hold Qi Up, 2 hours:
Term card 21 times, 1260 Skr, 10-card 700 Skr, one time 80 Skr. NB! Summer Course participants: Add 400 Skr to the term charge and get a Term card for both training times.

Charges
Weekend Courses and Other courses The Spring Term 2005, Weeks 2 - 22

Hold Qi Up, Basic Weekend Course	
First-time Participants	1600 Skr
Children up to 15 years old	900 Skr
Repeating:	
Weekend Course/20 times Drop In particip.	500 Skr
” ” ” joining 1 day	300 Skr
Summer Course participants	150 Skr
” ” ” joining 1 day	100 Skr
2-day Training Course, Hold Qi Up	
Weekend Course/20 times Drop In participants	900 Skr
” ” ” joining 1 day	500 Skr
Summer Course/Project participants	600 Skr
” ” ” joining 1 day	300 Skr
4-day Training Course, Hold Qi Up Only when joined Summer Course/Project	
Summer Course/Project participants	1900 Skr
Join 1, 2 or 3 days (acc. to space) per day	500 Skr
9-day Summer Course, full board	
Joining Level 1 or Level 2 the 1:st time	6580 Skr
Repeating Level 1 or 2	4280 Skr
Enhanced Hold Qi Up (HQU 2), Weekend Course	
Joining HQU 2 for the 1:st time:	1600 Skr
Repeating:	
Weekend Course/20 times Drop In part.	500 Skr
Summer Course/Project participants	150 Skr
Join 1 day same charge as Weekend Course	
Shenxin Qigong, Basic Weekend Course	
Joining for the 1:st time	1600 Skr
Repeating:	
SxQ Weekend Course participants	500 Skr
Winter Course participants	150 Skr
Winter Course Shenxin Qigong Five-day Course, bed and board not included	
Joined a SxQ Weekend Course	3000 Skr
Repeating	2000 Skr
IT-Gong, 3 hours course	
Joining first time	400 Skr
Repeating IT-Gong	200 Skr
Acupoint Tuina & Wei Tuo Jin Bed and board not included. WTJ is required for Tuina.	
Joining 1:st time, Acupoint Tuina & Wei Tuo Jin	3750 Skr
Joining 1:st time, Wei Tuo Jin only	1900 Skr
Repeating:	
Acupoint Tuina only	1200 Skr
Wei Tuo Jin only	1200 Skr