



European Zhineng Qigong Center

News Letter December 2005

Hello, friends of Qigong. This year is nearing its end and below we sum up this year and take a look forward at the year that is coming.

Summer Courses 2005

For the 11th consecutive year we arranged our 9-day summer courses and for the second year they were arranged in Kvänum, County of Vara. The two courses, level 1 and 2, gathered close to 300 participants. Many have improved their health, both physically and mentally and some share their story on our homepage. One example is Berith, who has found relief from the 20 years of pain her neural damage has caused her. Or Johan, who openly tells us about his years of deep depression and how his life quality has improved radically through training. Or Björn, who has recovered quickly from a stroke, or Camilla who suffered from difficult problems with migraine and depression. The examples are abundant.

Summer Courses 2006

Each year we learn more and in the Summer Courses of 2006 we will continue to learn the methods and the philosophy. We will delve deeper into what Su Dongyue taught us last summer, i.e. the usage of sound to enhance our training. In level 2 we will see more details and tips on how to practice even better. We will also have deeper insights into Three Center Merge. A very well received part of this year's courses was the opportunity for the participants to ask questions directly from Su Dongyue, so we will have this arrangement in 2006 as well.

New Course Locations

Our presence in Finland is growing, with more and more courses, which are very popular. We now arrange courses in 8 different places in Finland, this fall we expanded to Borgå and Karis. So far, the courses are given in Swedish, but in time we will give courses in Finnish as well. We've had good coverage in the Finnish newspapers, and the Finnish radio has broadcast a long item. In Sweden we have had our first courses in Guldsmeshyttan in Lindberg County and in Mörbylånga in land.

The Homepage

Our homepage, which sees an increasing number of visitors, is successively enriched with information of our activities. Add it to your favorites and make a habit of visiting it often. Read the reports from our different courses, read the personal stories, which are constantly increasing in number and see what's going on under "News". A new section has been added; the "Health tip". The standard articles can be read more than once. The

course schedule is always up-to-date and more and more people use the homepage to register for our courses, why don't you too?

Project Stockholm 2006

We will arrange a new project this spring, Project Stockholm 2006. The set-up will be the same as in the highly appreciated Project 2005, with a total of 60 hours of training during a 6 week period, starting on February 18th and ending on April 2nd. The project consists of a basic course, two training weekends and a 2 hour training group twice a week. The project begins with an open lecture by Su Dongyue on February 9th. The three patient associations we've cooperated with will give their members the opportunity to participate in the project. The project is open for all, and you're welcome to join the weekend courses, even if you're not participating in the project, provided that there is room. Read more under "News" on our homepage.

Cooperation with NHR

In the end of January, we're planning a course and a training group for members of the NHR (the Association for the Neurologically Disabled). The initiative for this cooperation was taken by Per Kron, a member himself. You can read more about his recovery on our homepage. The course and training group is open for all, provided there is room.

4-day Training Course

Our 4-day training courses for you who have participated in one of our summer courses or one of our longer projects, will take place next year on the Epiphany weekend in Gothenburg. An excellent opportunity to spend time in the Qi field, a cornerstone of Zhineng Qigong. It gives you the chance to get even better results faster.

TuiNa and Wei Tuo Jin

Gothenburg is also the host for this spring's TuiNa and Wei Tuo Jin courses. This is an opportunity for physical therapists and others to improve their Gung Fu and understanding, and take part of our Qi field. Read more about the courses on our homepage.

The Winter Course

The winter course, 5 or 7 days of Shenxin Qigong training, is organized in week 9 next year. The venue is the beautiful Bollnäs Folkhögskola. This course is becoming very popular, so if you want to participate, don't wait too long before you sign up. The number of places is limited.

Finally; Merry Christmas and Happy New Year!

For more information:

www.europeanzhinengqigong.net



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

Binding registration to courses by payment to ;

Sweden: Payment on postal giro 612 09 45-8, Abroad: SE 3195 0000 9960 1861 2094 58, EZQC/Su Dongyue
It is recommended that the course fee is paid 2 weeks before the course starts.

Registration for: Summer courses, 5-day Shenxin Qigong, TuiNa & Wei Tuo Jin

Payment of SEK 1000 or the total charge. For summer courses, specify diet; regular, vegetarian eller veg. + fish.

For children under the age of 15 to join a parent or other guardian is also required to join the course.

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

Spring Term 2006

Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Abroad	Shenxin Qigong	Lectures and other courses
January	5-8	4-day course, Gothenburg**			Gbg Lecture NHR, Thurs 19 th at 6.30 – 8.30 pm
	28-29	Gothenburg NHR	Mariehamn		
February	4-5		Bergen Turku		.
	11-12	Bollnäs	Trondheim		Sthlm, Thurs 9 th Lecture, ABF-Huset, Sveav 41, 7 pm
	18-19	Stockholm	Oslo		
	25-26	Gothenburg, Malmö Kalmar/Nybro	Borgå		
	27-28			Bollnäs 2 days	
March	1-5			Bollnäs 5 days	
	7,9,14,16	Gothenb. eve.course 4 x 3.5 h			
	11-12	Sthlm training course* Vara		Kvinnherad	
	18-19	Uppsala	Vasa		
	25-26	Kungsängen Guldsmedshyttan	Karis Norwich	Gothenburg	Gothenburg IT-Gong Sat 25 th
April	1-2	Sthlm training course*	Bergen LUQ2		
	8-9	Västerås		Stockholm	
	22-23	Nynäshamn	Helsingfors		
May	6-7	Stockholm Gothenburg Mörbylånga			Sthlm, Sat 29 th , theme day Östasiatiska Museet, at 11-4. Lecture at 1 pm
	13-14		Turku LUQ2		
	20-21	Sthlm LUQ2		Lund	
	25-26				Gothenburg TuiNa
	27-28				Gothenburg Wei Tuo Jin
June, July	27-5	Summer Course Level 1			
July	5-14	Summer Course Level 2			

*2-day training courses: Previous participation in at least a basic weekend course or similar required.

**4-day training course: Previous participation in at least a summer-course or longer project required.

Lectures normally on the Friday before a course. Please see lectures and courses on our webpage or call or email us.

**Drop In Courses and
Organized Training
Spring Term 2006, Week 2 - 22**



**Prices
Weekend Courses and other courses
Spring Term 2006, Week 2 - 22**

Stockholm

Drop-In Course

For new and experience participants:

Hold Qi Up: Thursday, at 6 – 7 p.m.

Premises: Klockhusets Samlingsal. See below.

Organized Training

Hold Qi Up: Tuesday, at 6 – 8 p.m.

Participation in at least a Summer course or a project required.

In addition to the training you will also learn some simple exercises and get some tips on health care.

Premises: Not known yet (please check the web page)

Hold Qi Up: Wednesday, at 6 – 8 p.m.

Participation in a weekend course or 20 times in a drop-in course required.

Premises:

Klockhusets Samlingsal, Sabbatsbergsgv. 22

Gothenburg

Drop-In Course

For new and experience participants:

Hold Qi Up: Wednesday, at 12 – 1 p.m.

Premises: Valhallabadet

Organized Training

Hold Qi Up: Monday, at 6.30 - 8.30 p.m.

Participation in a weekend course or 20 times in a drop-in course required.

Hold Qi Up: Tuesday, week 5 – 9 (if a location is available) at 6.30 – 8.30 p.m.

Premises: Information will be provided in connection to the registration

Hold Qi Up: Wednesday, at 7.00 - 9.00 p.m.

Participation in at least a Summer-course or a project required.

In addition to the training you will also learn some simple exercises and get some tips on health care.

Premises: Monday & Wednesday, Valhallabadet

Course fees

Drop In-courses: One occasion SEK 70; card for 10 times SEK 600. Those who have attended 20 Drop In training occasions or have participated in a basic/summer course pay the same price as for common training (see below).

Common training, Hold Qi Up, 2 hours:

Training card for one term (21 times) SEK 1 260, 10-card SEK 700, one training SEK 80.

NB! Summer course participants who pay an additional SEK 400 get access to both training occasions.

Hold Qi Up, Basic course (weekend course)	
First time participation	1600
Children under the age of 15	900
Repetition:	
Participated in weekend course or 20 times Drop In	500
” ” ” (1 day participation)	300
Participated in Summer course/project	150
” ” ” (1 day participation)	100
Hold Qi Up, 2-day training course	
Participated in weekend course or 20 times Drop In	900
” ” ” (1 day participation)	500
Participated in Summer course/longer term project	600
” ” ” (1 day participation)	300
Hold Qi Up, 4-day training course	
Only for those who have participated in a Summer course/longer term project	
Participation during the whole period	1900
Participation 1, 2 or 3 days (if places are available). Price per day:	500
Nine day Summer course (full board & lodging)	
First time participation on level 1 or 2	6580
Repetition level 1 or 2	4280
Hold Qi Up 2 (Weekend Course)	
First time participation:	1600
Repetition:	
Participated in weekend course or 20 times Drop In	500
Participated in Summer course/longer term project	150
One day participation – prices as in weekend course Hold Qi Up 1.	
Shenxin Qigong, Weekend Course	
First time participation:	1600
Repetition:	
Participated in a basic course SxQ	500
Participated in a Winter Course	150
Winter Course, Shenxin Qigong	
Five day course (board & lodging not included)	
Participated in Shenxin Qigong basic course	3000
Repetition:	2000
IT-Gong, 3 Hour course	
First time participation:	400
Repetition IT-Gong	200
Acupoint Tuina & Wei Tuo Jin (board & lodging not incl.) WTJ is required for the Tuina course.	
First time participation: Acupoint Tuina & Wei Tuo Jin	3750
First time participation: Wei Tuo Jin	1900
Repeterar:	
Only Acupoint Tuina	1200
Only Wei Tuo Jin	1200

All prices are in SEK. For courses outside Sweden prices are calculated according to current exchange rates