



European Zhineng Qigong Center

News letter May 2006

Hello, friends of Qigong! Finally, spring is here. Now we can look forward to this summer, where the 9-day courses are the definite high point.

Summer Courses 2006

The registrations for this summer's two 9-day courses are dropping in. This summer, too, it is in Kvänum we will meet and live together in accordance with the principles of Zhineng Qigong. On the program we have professional teaching and training of our methods, all in a strong Qi-field – the most important feature of Zhineng Qigong. Each year we get deeper knowledge and during the summer courses of 2006, we will learn more about the methods and the philosophy. We will delve deeper into how we can use sound in our training. In the level 2 course, we will have more details and tips on how we can improve our training even further. We will also deepen our understanding for Three Center Merge. Just like last year, there will be Q&A sessions, where the participants may pose questions directly to Su Dongyue. This was highly appreciated last year.



More Countries, More Languages

In March, we gave our first course outside the Nordic Countries, in England's Norwich, where around 20 people participated. We are happy to arrange courses or the like in more countries and more venues, preferably with tests or other evaluations. We have teachers who can give instructions, not only in Swedish and Norwegian, but also in English, German, French and Dutch. In Turku and Helsinki, we will have translation into Finnish in our courses in Hold Qi Up.

The Home Page

We are happy to see that more and more people find our home page. Regardless of whether you have participated in our courses or not, the home page is where you can find the most information. The home

page is always kept up to date. From now on you can also use the address www.zhinengqigong.eu which in the long run will replace our current address. The page has had a face lift and we added some new search functions. Many have chosen to publish their personal story on our home page, why don't you? You can read reports from our courses, often with pictures, find out about the latest news and much more. Also the old articles are updated and completed once in a while. Store our home page as a favourite and make a habit of visiting it often.

Cooperation with NHR in Gothenburg

The weekend course in January and the consequent practice group with members of the NHR in Gothenburg was a success. Most of the participants continued to join the group and even started practicing together one extra day every week. Many of them feel more alert and have a better sense of balance. Their posture and mobility have also improved. Several persons who had to sit down during the course - in a chair or a wheelchair – can now stand up better without support and they also can stand longer than before. In conclusion, those who practice daily and participate in courses and groups as often as they can, have better results.

Project Stockholm 2006

Project Stockholm 2006 has been concluded. A total of 50 persons participated in the six week long training period, which comprised a total of 60 hours of training. Ten persons participated in group practice in their home town and came to Stockholm for the three training weekends. In the weekends, also other persons were allowed to participate, something which was appreciated, since more and more understand the importance of practicing in our strong Qi-field. You can read more about the results of the project on our home page. For example, 69 % stated that they were less depressed and 78 % had experienced increased energy levels.

Winter Course

More and more people start learning Shenxin Qigong. The results are good, especially for those who attend the Winter Course, which is organized in a similar way as the Summer Course. Previously, we have been able to offer a CD that is especially suitable for the Winter Course. From this year we also have a CD for the basic course. You can read more about Shenxin Qigong and about the Winter Course on our home page.

Enjoy the summer! We hope to see you in Kvänum!

For more information:

www.zhinengqigong.eu

Email: info@zhinengqigong.eu 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 or 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. We reserve the right to reject persons who are not fit to participate in our courses.

Spring Term 2006

Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Abroad	Shenxin Qigong	Lectures and other courses
June	26-5/7	Summer Course Level 1			
July	5-14	Summer Course Level 2			
August	19-20		Hangö		
	26-27				
September	2-3			Bergen	
	9-10				
	16-17	Lund Stockholm Göteborg			
	23-24	Karlstad	Åbo Trondheim		
	30-1/10	Bollnäs Västerås		Göteborg	Göteborg IT-Gong Saturday 30/9
October	7-8	Kungsängen Malmö	Mariehamn		
	14-15	Kungsbacka Guldsmedshyttan			
	21-22	Vara	Helsingfors	Stockholm	
	28-29	Göteborg HQU2 Kalmar		Pargas	
November	2-3				Stockholm Tuina
	4-5		Kvinnherad		Stockholm Wei Tuo Jin
	11-12	Göteborg Nynäshamn	Harstad		
	18-19	Stockholm			
	25-26		Oslo Karis	Mariehamn	
December	2-3	Sthlm HQU2			

Lectures normally on the Friday before a course.

Please see lectures and courses on our web page or call or email us.

Drop In Courses and Organized Training Autumn Term 2006, Week 34 - 50



Prices Weekend Courses and other courses Autumn Term 2006, Week 34 - 50

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: 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).

Organized training, Hold Qi Up, 2 hours:

Training card for one term (17 times) SEK 1 020, 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	
First time participation	1600 kr
Children under the age of 15	900 kr
Repetition:	
Participated in weekend course or 20 times Drop In	500 kr
” ” ” (1 day participation)	300 kr
Participated in Summer course/project	150 kr
” ” ” (1 day participation)	100 kr
Hold Qi Up, 2-day training course	
Participated in weekend course or 20 times Drop In	900 kr
” ” ” (1 day participation)	500 kr
Participated in Summer course/longer term project	600 kr
” ” ” (1 day participation)	300 kr
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 kr
Each day (if places are available). Lowest price SEK 1.000:-	500 kr
Nine day Summer course (full board & lodging)	
First time participation on level 1 or 2	6580 kr
Repetition level 1 or 2	4280 kr
Hold Qi Up 2	
First time participation:	1600 kr
Repetition:	
Participated in weekend course or 20 times Drop In	500 kr
Participated in Summer course/longer term project	150 kr
One day participation – prices as in weekend course Hold Qi Up 1.	
Shenxin Qigong, Basic Course	
First time participation:	1600 kr
Repetition:	
Participated in a basic course SxQ	500 kr
Participated in a Winter Course	150 kr
Winter Course, Shenxin Qigong	
Five day course (board & lodging not included)	
Participated in Shenxin Qigong basic course	3000 kr
Repetition:	2000 kr
IT-Gong, 3 Hour course	
First time participation:	400 kr
Repetition IT-Gong	200 kr
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 kr
First time participation: Wei Tuo Jin	1900 kr
Repetarar:	
Only Acupoint Tuina	1200 kr
Only Wei Tuo Jin	1200 kr

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