



European Zhineng Qigong Center

Newsletter May 2007

Hello Friends of Qigong! Here is some assorted information before the summer!

The Summer Course

The summer course, which is one of the high points of the year, is soon to be held in in Kvänum, Vara county for the fourth consecutive year. For nine days we practice together in a strong Qi-field and give ourselves the opportunity to quickly improve our health and increase our Gungfu. High quality practice in strong Qi-fields improves our chances of good results, which we can see in for instance the statistics from our summer courses. The atmosphere and you we share in affable surroundings are also reasons why many people participate year after year.

The exercises, which are the basis for our practice, are repeated every year but we also get a lot of information on how we can affect our life quality in different ways, such as the knowledge shared in lectures on our health and what affects it. Through practice you can also increase your understanding by yourself. Starting this year, we will teach special techniques and abilities to be used when practicing, which can be of great help for those who want to increase their Gungfu.



Practicing and Results

Qigong is a method for improving our life quality but to get results, we need to practice. Even though we

practice regularly, we sometimes feel we don't see improvement, sometimes we maybe feel we are stuck in one place. During this period we lay the foundation for coming results. Suddenly we have practiced enough to reach an improvement, as an effect of the earlier practice.

By practicing Qigong we can learn to handle our daily life. Even though our physical health may not be as good as we wish, our life quality can still be high if we keep a positive attitude. Regardless of the circumstances, we should strive to live our lives in calm and joy.

The Courses of This Spring

Our course repertoire has grown with one more country. In April, we had our first course in Copenhagen, Denmark. We have planned a new course there for this fall. In Finland, Ekenäs was a new course venue for this spring.

We had a record breaking number of participants in both the four-day and the winter course, over 80 participants in each course. The increased interest shows that more people understand the importance of and prioritise practicing in strong Qi-fields.

Personal Stories

On our webpage we will soon have 100 personal stories! Personal stories are one way of spreading positive information to others. An important principle in Zhineng Qigong is helping others. Helping others is also a way of helping ourselves. Maybe you can inspire someone else to start practicing by telling others of your results? Or maybe you want to contribute in some other way?

Have a really good summer and we hope to see you in the summer course!



Courses and Lectures Fall Term 2007



Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Outside Sweden	Shenxin Qigong	Lectures/Other Courses
June/July	25-4	Kvänum, 9-day level 1			
July	4-13	Kvänum, 9-day level 2			
August	18-19		Hangö		
	25-26	Gothenburg			
Sept	1-2			Pargas	
	8-9	Ljungby Lund		Bergen	Bergen It-Gong Sat.
	15-16		Nagu		
	22-23	Stockholm Helsingborg	Trondheim		
	29-30	Gothenburg NHR Bollnäs	Mariehamn		Kungsängen, 3/10 lect.
	4-5				Stockholm, Tuina
Oct	6-7	Vara	Helsinki Bergen		Stockholm, Wei Tuo Jin
	13-14	Malmö Nybro Kungsängen		Gothenburg	Gothenburg IT-Gong Sat.
	20-21	Karlstad	Vasa Norwich Kvinnherad	Stockholm	
	27-28	Kungsbacka	Copenhagen Turku		
Nov	3-4		Bergen HQU2		
	10-11	Stockholm	Borgå		
	17-18	Gothenburg	Oslo	Mariehamn	
	24-25		Karis		
Dec	1-2	Stockholm HQU2			
	8-9	Gothenburg HQU2			
Jan	3-6	Gothenburg, 4-days*			

* Four day practice course: Prior participation in at least a summer course or a longer project.

** A lecture normally held before each weekend course. Check our web page under lectures or contact us.

Weekly Practice (week 34 – 50):

Stockholm

Gothenburg

Drop In Course Hold Qi Up:

-> Both new and repeating participants

Thursdays, at 6 – 7 p.m.

Location: Klockhuset's Hall*

Wednesday, at 12 -1 p.m.

Location: Valhallabadet

Practice Group Hold Qi Up:

-> Participated in a basic course or at least 20 drop-in

Wednesday, at 6 – 8 p.m.

Location: Klockhuset's Hall*

Monday, at 6.30 – 8.30 p.m.

Location: Hvitfeldtska Gymnasiet**

Practice Group Hold Qi Up:

-> Participated in summer course or project

Tuesday, at 6 – 8 p.m.

Location open. Check the web page.

Wednesd., at 7.00 – 9.00 p.m.

Location open, call for information

Practice Group Shenxin Qigong:

-> Participated in basic course Shenxin Qigong

Thursday, at 7 – 8 p.m.

Location: Klockhuset's Hall*

* Klockhuset: Sabbatsbergsgv. 22

** the south assembly hall

Group Practice Fees

Drop In courses: 10 card 600 kr, or 70 kr/time. Same as practice group after 20 times of drop in or after a basic/summer course

Practice Group Hold Qi Up: 2 hours: term card 17 pcs. 1.020 kr, 10 card 700 kr, or 80 kr/time.
Note! Summer course participants: add 400 kr to the term fee and get a term card for both groups.

Practice Group Shenxin Qigong: 10 card 400 kr, or 50 kr/time.

Price List Fall Term 2007



Hold Qi Up

Basic Course	
First time participation:	
- Adult	1600 kr
- Child under the age of 15	900 kr
Repetition:	
- Participated in basic course/drop in 20 ggr -> 2 days	600 kr
- Participated in basic course/drop in 20 ggr -> 1 day	400 kr
- Participated in summer course/project -> 2 days	250 kr
- Participated in summer course/project -> 1 day	200 kr
2 Day Practice Course	
- Participated in basic course/drop in 20 ggr -> 2 days	900 kr
- Participated in basic course/drop in 20 ggr -> 1 day	500 kr
- Participated in summer course/project -> 2 days	600 kr
- Participated in summer course/project -> 1 day	300 kr
4 Day Practice Course	
For those who have participated in a summer course or project.	
- The whole course	1900 kr
- Per day (if places are available) Minimum 1 000:-	500 kr
9 Day Summer Course, Full Board and Lodging	
- First time participation in level 1 or 2	6880 kr
- Repetition level 1 or 2	4780 kr
Hold Qi Up 2	
First time participation	1600 kr
Repetition:	
- Participated in basic course/drop in 20 ggr	600 kr
- Participated in summer course/project	250 kr
- Participation 1 day: prices as in weekend course Hold Qi Up	



Shenxin Qigong

Shenxin Qigong, Basic Course	
- First time participation	1600 kr
Repetition:	
- Participated in basic course Shenxin Qigong	600 kr
- Participated in winter course Shenxin Qigong	250 kr
Winter Course Shenxin Qigong	
Five day course, board and lodging not included	
- Participated in basic course Shenxin Qigong	3000 kr
- Repetition	2000 kr



IT-gong

IT-Gong, 3 Hour Course	
- First time participation	400 kr
- Repetition IT-Gong	200 kr



TuiNa & Wei Tuo Jin

Acupoint Tuina & Wei Tuo Jin	
Board and lodging not included. WTJ required for Tuina.	
First time participation:	
- Acupoint Tuina & Wei Tuo Jin	3750 kr
- Wei Tuo Jin	1900 kr
Repetition:	
- 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.

Binding registration to courses by payment to **Plusgiro 612 09 45-8 (Sweden)**

For payments from outside Sweden, the following information is necessary:

Plusgiro 612 09 45-8 i Nordea Bank Sweden, 105 71 Stockholm.

IBAN: SE31 9500 0099 6018 6120 9458 / BIC: NDEASESS

The course fee to be payed 2 weeks before the course.

Please note the following:

- > Registration for the summer course, five day course in Shenxin Qigong, TuiNa & Wei Tuo Jin: Payment of 1000 kr, or the entire course fee. For 9-day state diet alternative (regular, vegetarian or vegetarian + fish)
- > For children under the age of 15 to join a parent or other guardian is also required to join the course.
- > 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.

More information: www.zhinengqigong.eu

Email: info@zhinengqigong.eu or call: 08-590 933 13 (Lars) / 031-12 98 75 (Elisabeth)