



European Zhineng Qigong Center

Newsletter May 2008

Hello friends of Qigong! The light and the warmth are returning again. Summer is coming. Wonderful! And the summer courses are nearing – the high points of the year!

The Summer Course

For the fifth consecutive year, Kvänum will host our summer courses. The courses, lead by Su Dongyue, give us a unique opportunity to share his experience, knowledge and wisdom. Through his lectures, we learn more each year about both body and mind. In all our summer courses we also learn new supporting exercises, which can be used as a complement to our regular practice. In level 1 this year, we will among other things learn more about body regulation and in level 2 we will delve deeper into Hold Qi Up. Besides all the practice in the strong Qi-field, there will be quite a lot of time to socialise and communicate with our Qigong friends. Other factors contributing to our good results are all the help and love we get from our teachers, contactpersons and other volunteers, who do all the necessary work, cleaning, kitchen work etc.

After the summer course 2007 one participant said: "I must say that it's great to be here. Everybody walks around with great smiles and care about each other." Another said: "Since the last summer course I've felt happy. When I go home from school I smile just because I feel happy. I don't need any special reason to smile. In general I feel good all the time."

Insist to Practise

In order to get good results, we need to insist to practise. Try to enjoy and appreciate practising. It's important that we trust and have faith that Zhineng

Qigong can help us. One way of increasing our trust is to read personal stories and course reports on the homepage. They give us good information and can increase our motivation to practise. Encourage your family and friends to practise Zhineng Qigong. One of the many magazines that have featured us, Ica-kuriren, wrote an article in issue 48, 2007 about a family with children in Gothenburg who practise Zhineng Qigong together after the summer course. If more in your home practise, the Qi-field is stronger and you can support each other when practising.

The Winter Course

Also this year, the number of participants increased in the winter course. We were almost 100 people practising Shenxin Qigong together in Bollnäs. The strong Qi-field in our courses helps us increase our Gung Fu faster and have better results from practising. Please read the course report from the winter course in our homepage.

The Autumn Course

For the first time we will now arrange the autumn course, a four day boarding course in Finland, October 16th-19th. The course emphasises practising and is open to all who have participated in at least one basic course in Hold Qi Up. On top of the regular training during day time, we will also have morning and evening practice. The course is held in beautiful Åbolands Folkhögskola outside Pargas, where we will live, eat and practise together. The number of participants is limited, so be sure to sign up early to be sure to get a place.

Have a good summer – hope to see you in Kvänum!



Courses and Lectures Fall Term 2008

Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Outside Sweden	Shenxin Qigong	Lectures / Other Courses
June	23-2/7	Summer course Level 1			
July	2-11	Summer course Level 2			
August	23-24		Hangö		
	30-31		Trondheim		
September	6-7	Gothenburg	Hamar Nagu		
	13-14	Trelleborg			
	20-21	Stockholm Helsingborg Hamburgsund			
	27-28	Kungsbacka	Copenhagen Mariehamn Turku		
October	2-3				Stockholm Tuina
	4-5	Ljungby	Helsingfors Vasa Canterbury	Gothenburg	Stockholm Wei Tuo Jin
	11-12	Kungsängen Kvänum			Gothenburg IT-Gong 9/10, Evening course 3 hours
	16-19		Autumn course Pargas		
	18-19	Malmö	Bergen		Stockholm IT-Gong 20/10 Evening course 3 hours
	25-26	Gothenburg HQU 2 Kalmar		Stockholm	
November	1-2	Karlstad	Ekenäs		
	8-9	Stockholm	Norwich Kvinnherad		
	15-16	Bollnäs	Oslo Borgå	Mariehamn	
	22-23	Gothenburg			
	29-30	Stockholm HQU 2 Lund			
Jan – 09	3-6	Stockholm, 4-days*			

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

Usually a lecture is held before each weekend course. Check our web page under lectures or contact us.

Weekly practice (week 32 – 50):	<u>Stockholm</u>	<u>Gothenburg</u>
Drop In Course Hold Qi Up: -> Both new and repeating participants	Thursday, kl. 18.00 - 19.00 Location: Klockhuset's Hall*	Wednesday, kl. 12.00 - 13.00 Location: Valhallabadet
Practice Group Hold Qi Up: -> Participated in a basic course or at least 20 drop-in	Wednesday, kl. 18.00 - 20.00 Location: Klockhuset's Hall*	Monday, kl. 18.30 - 20.30 Location open, call for information
Practice Group Hold Qi Up:: -> Participated in summer course or project	Tuesday, kl. 18.00 - 20.00 Location: Matteusskolan, Vanadisv. 16	Wednesday, kl. 19.00 - 21.00 Location: Valhallabadet
* Klockhuset: Sabbatsbergsgv. 22		
<u>Group Practice Fees</u>		
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 19 pcs. 1.140 kr, 10 card 700 kr, or 80 kr/time. Note! Summer course participants: add 600 kr to the term fee and get a term card for both groups.		

Price List Fall term 2008



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
4-days Autumn Course, Full Board and Lodging	
- Participated in basic course (NB: price in Euro)	390 €
- Participated in summer course (NB: price in Euro)	310 €
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	
<i>All prices in SEK, except for Autumn Course (prices i Euro)</i>	



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	600 kr
- Repetition IT-Gong	300 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

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 required:

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

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

Please note the following:

- > Registration for the summer courses, the autumn course, the winter course and 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)

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