



# European Zhineng Qigong Center

## Newsletter May 2009

**Hello, friends of Qigong!** Here comes the May issue of the newsletter.

### **The Summer Course**

The summer and our nine-day courses are approaching fast. This year we arrange the courses in a new place, Nossebro in Västergötland. The school is bigger and an excellent venue for us Qigong practitioners. The nine days offer a unique opportunity to learn more about Qigong straight from our main teacher Su Dongyue. We can always learn more, no matter how long we have practised. The philosophies are one of the two main parts of Qigong. Practising is the other. We need to use them both. This summer, Su Dongyue will give two completely new lectures. During the questions and answers session, you can also pose your own questions directly to him. In the summer course, we are also supported by the strong Qi-field. If you haven't already signed up for the course, seize the opportunity this year to come there.

### **The Winter Course**

Also this year, the number of participants in the Winter Course increased. No less than 97 persons came to Bollnäs to practise Shenxin Qigong. For next year's course, you will need to sign up well in advance. The number of places is limited. Please note that the course is in week ten, not week nine. If you want to know more about the course, the results of the participants and other information – read the course report on our homepage.

### **Course in Finnish**

Our activities in Finland are steadily increasing. This autumn, the time has come for our first

course in Finnish, more precisely in Turku on November 21-22.

### **The Autumn Course**

The latest addition to our curriculum, the Autumn Course in Finland, was quickly sold out and highly appreciated. This autumn, the course is arranged in Pohja, where we have room for more participants. Make plans already now for October 15-18 if you want to join.

### **The Qi-field**

In order to get the quickest results from practising we need to practise in a Qi-field. Even though we have learned many different exercises, it may be difficult to see improvement by practising alone only. The Qi-field is the most fundamental characteristic of the philosophies of Zhineng Qigong. Practising is important and to practise in the Qi-field is at least as important. It contributes strongly to the development of abilities and a better health.

### **Teachers**

It is important to have a good teacher when practising Qigong. This increases the chances for the student to have good results. A good teacher should be experienced in Qigong. Important questions to ask are, e.g., how deep is his knowledge of Qigong; for how many years has he been teaching others; for how long has he been giving Qi regulation; how many difficult cases has he managed to help; what scientific research has he done? In short, how high is his Gung Fu? This is the most important issue for a Qigong teacher.

We would like to wish you a very nice summer!



## Courses and Lectures Fall Term 2009

Month	Date	Hold Qi Up, Sweden	Hold Qi Up, outside Sweden	Shenxin Qigong	Lectures / Other courses
June	22-1/7	Sommarkurs nivå 1			
July	1-10	Sommarkurs nivå 2			
August	22-23		Hangö		
	29-30	Gothenburg	Nagu		
September	5-6	Bollnäs	Ekenäs Trondheim		
	12-13		Hamar		
	19-20	Stockholm Helsingborg	Helsinki Copenhagen		
	24-25				Oslo, Tuina
	26-27	Trollhättan	Norwich Mariehamn		Oslo, Wei Tuo Jin
October	3-4	Lund Ljungby	Turku		
	10-11	Kungsängen Kvänum		Bergen	
	15-18		Autumn Course, Pojo		
	17-18		Oslo		
	24-25	Gothenburg		Stockholm	
	31-1/11		Kvinnherad	Helsingborg	
November	7-8	Stockholm Falköping	Vasa Borgå	Trondheim	
	14-15	Malmö		Mariehamn	
	21-22	Kalmar	Turku – IN FINNISH! Bergen Cambridge		
	28-29	Stockholm LUQ2			
December	5-6	Gothenburg LUQ2			
January	3-6	Gothenburg 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):

#### Stockholm

#### Gothenburg

#### Drop In Course Hold Qi Up:

-> Both new and repeating participants

**Thursday, 18.00 - 19.00**

Location: Klockhuset's Hall\*

**Thursday, 12.00 - 13.00**

Location: Valhallabadet

#### Practice Group Hold Qi Up:

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

**Wednesday, 18.00 - 20.00**

Location: Klockhuset's Hall\*

**Monday, 18.30 - 20.30**

Location: Södra Aulan, Hvitfeldtska Gy.

#### Practice Group Hold Qi Up:

-> Participated in summer course or project

**Tuesday, 18.00 - 20.00**

Location: Matteusskolan, Vanadisv. 16

**Wednesday, 19.00 - 21.00**

Location: Valhallabadet

\* Klockhuset: Sabbatsbergsgv. 22

#### Group Practice Fees

**Drop In courses:** New participants: 10 card 700 kr, or 80 kr/time. Participated in basic course: 10 card 500 kr, or 60 kr/time. Participated in Summer course: 10 card 350 kr, or 40 kr/time.

**Practice Group Hold Qi Up:** 2 hours: term card 19 pcs. 1.330 kr, 10 card 800 kr, or 90 kr/time.  
Note! Summer course participants: add 700 kr to the term fee and get a term card for both groups.

## Price List Spring Fall 2009



### Hold Qi Up

<b>Basic Course</b>	
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
<b>4-days Autumn Course, Full Board and Lodging</b>	
- Participated in basic course	410 euro
- Participated in summer course	370 euro
<b>4 Day Practice Course</b>	
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
<b>9 Day Summer Course, Full Board and Lodging</b>	
- First time participation in level 1 or 2	7180 kr
- Repetition level 1 or 2	5280 kr
<b>Hold Qi Up 2</b>	
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

<b>Shenxin Qigong, Basic Course</b>	
- First time participation	1600 kr
Repetition:	
- Participated in basic course Shenxin Qigong	600 kr
- Participated in winter course Shenxin Qigong	250 kr
<b>Winter Course Shenxin Qigong</b>	
Five day course, board and lodging not included	
- Participated in basic course Shenxin Qigong	4200 kr
- Repetition	3200 kr



### IT-gong

<b>IT-Gong, 3 Hour Course</b>	
- First time participation	600 kr
- Repetition IT-Gong	300 kr



### TuiNa & Wei Tuo Jin

<b>Acupoint Tuina &amp; Wei Tuo Jin</b>	
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

*Courses outside Sweden are paid in the country's own currency. Please contact your local contactperson for detailed price info.*

### 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](http://www.zhinengqigong.eu)**

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

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