



European Zhineng Qigong Center

Newsletter May 2010

Hello Qigong friends! The spring term is nearing its end and we are looking forward to this year's Summer Courses. Here is some inspirational reading while waiting.

Our Collective Qifield

We practise Zhineng Qigong for different reasons. Many of us have as our goal to handle our health problems and improve our life quality by practising. We want to improve our Gung Fu, i.e., our understanding as well as our willingness and ability to practise. How can we reach these goals faster?

One of the most important corner stones of Zhineng Qigong is the Qifield. By making an effort and practising in the Qifield, we can get results faster. Our concentration in the Qifield with love and trust is a basis for reaching better results. We use the Qifield to learn, to improve our Gung Fu, to help each other and to get rid of diseases. This is why the quality of the Qifield has a great impact on the effect we get from practising.

The quality of the Qifield does not only depend on the main teacher's Gung Fu, knowledge and experience, but also on everybody participating in the Qifield. In European Zhineng Qigong Center we have run and practised in our Qifield for more than 16 years. Over the years we have seen good effects. These effects are a result of our combined efforts, our love and our trust in the Qifield. Together we make the Qifield more powerful and better.

Good Results in the Winter Course

The good results of our collective Qifield could also be seen in this year's Winter Course. As many as 75% of the participants said that they had more energy after the course and 65% felt less depressed. You can read more about the Winter Course and the results reached there in the course report on our home page.

See You in Nossebro

The culmination of the Qigong year, our nine day Summer Courses are held in Nossebro after Midsummer for the second consecutive year. In last year's courses we had a lot of positive feedback especially regarding Nossebro as a course venue. The school in which we live have nice facilities for practising as well as food and lodging. Nossebro is a picturesque little town beautifully situated by the river Nossan.

Also during this year's Summer Courses, we will have the opportunity to learn from our main teacher's, Su Dongyue's, knowledge and experience. As always in our Summer Courses, we will learn more about Zhineng Qigong, both in theory and in practice.

Our Summer Courses are the best we have to offer and an important reason why so many get such good results is the very strong, loving Qifield in which we dwell there, both inside and outside the training hall.

We wish you a sunny and lovely spring and hope to see you in Nossebro!



Courses and Lectures Autumn Term 2010



Month	Date	Hold Qi Up, Sweden	Hold Qi Up, outside Sweden	Shenxin Qigong	Lectures / Other courses	
August	21-22					
	28-29	Gothenburg	Hangö			
September	4-5		Nagu			
	11-12		Trondheim Karis			
	18-19		Bergen Hamar		Stockholm, Lecture 15/9 at 19.00, Fältöversten	
	25-26	Stockholm Arvika Kungsbacka	Bodö Cambridge Mariehamn Ekenäs			
Oktober	2-3		Helsingfors Pargas	Gothenburg	Gothenburg, Xiao Gongfa 2/10	
	9-10	Bollnäs Kalmar Kvånum	Vasa	Stockholm		
	16-17	Helsingborg				
	21-24		Pargas, Autumn Course			
	23-24	Kungsängen	Oslo			
	30-31	Lund	Borgå	Bergen	Lund, Xiao Gongfa, 30/10	
	November	6-7	Stockholm	Turku (in Finnish) Norwich	Trondheim	Trondheim, Xiao Gongfa, 6/11
		13-14	Gothenburg	Kvinnherad		Stockholm, Xiao Gongfa 10/11
20-21		Malmö	Helsinki (in Finnish)			
27-28		Stockholm HQU2	Bergen HQU2			
December	4-5					
	11-12	Gothenburg HQU2				
January	6-9	Stockholm 4-day*				

* 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, 18.00 - 19.00 Location: Birkagården*	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: Birkagården*	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
* Birkagården: Karlbergsvägen 86B		
<u>Group Practice Fees</u>		
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 21 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 Autumn Term 2010



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 times -> 2 days	600 kr
- Participated in basic course/drop in 20 times -> 1 day	400 kr
- Participated in Summer Course/project -> 2 days	300 kr
- Participated in Summer Course/project -> 1 day	250 kr
4 Day Autumn Course, Full Board and Lodging	
- Participated in basic course	410 euro
- Participated in Summer Course	370 euro
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	7180 kr
- Repetition level 1 or 2	5280 kr
Hold Qi Up 2	
First time participation	1600 kr
Repetition:	
- Participated in basic course/drop in 20 times	600 kr
- Participated in Summer Course/project	300 kr
- Participation 1 day: prices as in weekend course Hold Qi Up	
All prices are in SEK, except the Autumn Course (in Euro). Note: Prices in SEK valid for courses in Sweden only.	



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	300 kr
Winter Course Shenxin Qigong	
Six day course, board and lodging not included	
- Participated in basic course Shenxin Qigong	4200 kr
- Repetition	3200 kr



Xiao Gongfa

Xiao Gongfa	
3 Hour course	
- First time participation	600 kr
- Repetition	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

*Courses outside Sweden are paid in the country's own currency.
Please contact your contact person 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

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

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: +46-8-590 933 13 (Lars) / +46-31-12 98 75 (Elisabeth)