



NEWSLETTER

MAY
2012



XING SHEN ZHUANG GIVES A BOOST

Summer is approaching and with it the qigong highlight of the year, our summer courses.

At this year's summer courses, we will go deeper with both hold qi up, which is the main exercise in summer course one, and xing shen zhuang, which is the main exercise in summer course two. We will also learn new assistant approaches based on traditional Chinese medicine and Chinese tradition.

Last year, we learned xing shen zhuang for the first time, and the exercise is quickly becoming somewhat of a favourite for many. For nearly 20 years we have built up our qi-field through our training, our trust and our love. After we started practising xing shen zhuang, the quality of our shared qi-field increased significantly. This change we have noticed over the past year, in that many have had better results. The qi-field also

supports us when we practise, it helps us all to do the exercise as best we can. Xing shen zhuang is thus suitable for everyone regardless of health condition and how long you have practised.

Those of you who have practised hold qi up for many years will feel more when you practise that exercise after having trained xing shen zhuang.

For those who have learned xing shen zhuang it is possible to practice this exercise for two days in Gothenburg in October. It is a great opportunity to

improve the movement and to practise together in a strong qi-field. A second opportunity to practice xing shen zhuang is offered on our traditional summer course training at the Epiphany. This time the course is held in Stockholm and, just like last time, we practise xing shen zhuang on the final of the five course days. Our winter course is also concluded with a day's xing shen zhuang training.

New Prices and a New Payment Method

The prices in our basic courses have remained unchanged for many years. Now we will raise them slightly. You will find the new prices in SEK on last two pages of this newsletter. Prices in other currencies are available on our website. Please note that we also have a new IBAN and BIC number for the payment of course fees. You will find the new numbers on the last page of this newsletter.



Tuina and Wei Tuo Jin
Tuina is an important part of traditional Chinese medicine and covers all similar forms of massage-like therapy. In our courses, you learn about meridians, some useful acupoints and a technique that can be used to treat diseases. You also get proposals for how specific problems can be treated. The method can be used to help oneself or others. In order to achieve better results when treating others, therapists need to practise. Therefore, courses in the traditional training method wei tuo jin is compulsory for students of acupoint tuina. The method is also known in martial arts circles because the Shaolin martial arts school uses the method. This fall there are two opportunities to join a course in acupoint tuina and wei tuo jin. We organise courses in Stockholm in August and Pargas in December.

The Winter Course

The winter course in shenxin qigong is one of our most popular courses. This year, it was organised in Karlskoga Folk High School for the first time. The school is located at Lake Möckeln. The tranquil environment suits us qigongers perfectly and the accommodation options at the school were appreciated. Read more about the participants' good results on the website.



The Autumn Courses

For those of you who want to practice a little more intensively, we organise four-day practise courses in Norway and Finland also this autumn. The course in Norway is held in late September in Dyrkolbotn Fjellstove, Vikanes. The course in Finland is held in mid-October in Axxells in Pargas. The autumn courses are open for those who have joined a basic course in hold qi up.

Month	Date	Sweden	Norway	Finland	Other countries
June	25-4/7	Nossebro summer course 1			
July	4-13	Nossebro summer course 2			
Aug	23-26	Stockholm Tuina and WTJ			
Sep	1-2	Gothenburg		Hangö (Finnish)	
	8-9		Hamar, Trondheim	Turku (Finnish)	
	15-16	Malmö	Bodö, Bergen	Borgå, Ekenäs	
	22-23	Stockholm, Trollhättan, Kalmar		Pargas	Copenhagen
	27-30		Bergen autumn course		
	29-30			Mariehamn, Salo (Finnish)	
Oct	6-7	Gbg XSZ practice course		Helsinki, Karis	
	13-14	Lund, Lidköping Stockholm SXQ			
	18-21			Pargas autumn course	
	20-21		Oslo, Kvinnherad		
	27-28	Gothenburg SXQ + XG		Vasa	
	Nov	3-4		Hamar SXQ	
	10-11	Stockholm, Trollhättan SXQ + XG		Hangö SXQ, Turku	Norwich
	17-18	Bollnäs, Älmhult	Trondheim SXQ + XG Bodö	Helsinki (Finnish)	Copenhagen HQU2
	24-25	Nybro HQU2			
Dec	1-2	Sthlm HQU2			
	6-9			Pargas Tuina and WTJ	
Jan	2-6	Sthlm summer course practice			
Feb	16-17	Karlskoga SXQ			
	18-24	Karlskoga winter course			

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

The course type is hold
qi up if none is given.

HQU2= Hold qi up 2
SXQ= Shenxin qigong

XG= Xiao gongfa
XSZ= Xing shen zhuang

WTJ=Wei tuo jin



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Weekly Practice (vecka 32-50):

Drop in course HQU
→ Both new and repeating participants

Practice group HQU
→ Participated in a basic course

Practice group HQU
→ Participated in summer course or project

Practice group SXQ
→ Participated in a basic course shenxin qigong

Practice group XSZ
→ Participated in summer course two 2011 or later

Stockholm

Wednesday, 6 p.m. – 8 p.m.
Location: Birkagården, Karlbergsvägen 86 B

Tuesday, 6 p.m. – 8 p.m.
Location not clear

Wednesday, 8 p.m. – 9 p.m.
Location: Birkagården, Karlbergsvägen 86 B

Tuesday, 8 p.m. – 9 p.m.
Location not clear

Gothenburg

Thursday, 12 noon – 1 p.m.
Location: Valhallabadet

Monday, 6.30 p.m. – 8.30 p.m.
Location: Södra aulan, Hvitefeldtska Gy

Wednesday, 7 p.m. – 9 p.m.
Location: Valhallabadet

Monday, 8.30 p.m. – 9.30 p.m.
Location: Södra aulan, Hvitefeldtska Gy

Group practice fees	term card (19 pcs)	10 card	per time
Drop in courses:			
- New participants	-	700 SEK	80 SEK
- Participated in basic course	-	500 SEK	60 SEK
- Participated in summer course	-	350 SEK	40 SEK
Practice group HQU 2h	1520 SEK	1000 SEK	120 SEK
- Summer course participants, add 800 kr to the term fee and get a term card for both groups.			
Practice group SXQ, 1h	760 SEK	500 SEK	60 SEK
Practice group XSZ, 1h	760 SEK	500 SEK	60 SEK

Hold qi up, basic course

First time participation:

- Adult	1700 SEK
- Child under the age of 15	1000 SEK

Repetition:

- Participated in basic course, 2 days	700 SEK
- Participated in basic course, 1 day	500 SEK
- Participated in summer course, 2 days	400 SEK
- Participated in summer course, 1 day	300 SEK

Hold qi up 2

First time participation

- and participated in a summer course last year	850 SEK
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Repetition:

- Participated in basic course	700 SEK
- Participated in summer course	400 SEK
- Participation 1 day: prices as in basic course hold qi up	

9 Day Summer Course 1, board and lodging incl.

- First time participation in a summer course	7480 SEK
- Participated in summer course level 1 before 2011	6580 SEK
- Participated in summer course step one 1 2011 or later	5580 SEK
- Participated in summer course level 2 before	5580 SEK

9 Day Summer Course 2, board and lodging incl.

- First time participation	7480 SEK
- Participated in summer course 2 before (2011)	5580 SEK

4 day autumn course, board and lodging incl.

- Participated in basic course	4340 NOK	410 EUR
- Participated in summer course	3910 NOK	370 EUR



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Shenxin qigong, basic course

First time participation:

- Adult	1700 SEK
- Child under the age of 15	1000 SEK

Repetition:

- Participated in basic course	700 SEK
- Participated in winter course shenxin qigong	400 SEK

Winter course shenxin qigong

Board and lodging not included, 7 day option only for those who participated in summer course 2, 2011 or later.

- 6 days, participated in basic course shenxin qigong	4200 SEK
- 6 days, repeating the winter course	3200 SEK
- 7 days, participated in basic course shenxin qigong	4800 SEK
- 7 days, repeating the winter course	3800 SEK

Xiao gongfa Three hour course

- First time participation	600 SEK
- Repetition	300 SEK

Summer course practice 5 days

for those who have participated in a summer course. The last day only for those who participate in summer course 2, 2011 or later.

- The whole course	2800 SEK
- Per day (if places are available). Minimum 1.300 kr	650 SEK

2-day practice course xing shen zhuang

for those who participate in summer course 2, 2011 or later.

- Participated in summer course 2 (2 days)	1200 SEK
- Participated in summer course 2 (1 day)	700 SEK

Acupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:

- Acupoint tuina & wei tuo jin	3750 SEK
- Wei tuo jin	1900 SEK

Repetition:

- Only acupoint tuina	1200 SEK
- Only wei tuo jin	1200 SEK

All prices in SEK, except the autumn courses, which are in NOK and Euro. Note! Prices in SEK are valid for courses in Sweden only. All courses are paid in the country's own currency. Please check our web page for detailed price info.

Binding registration to courses by payment of the course fee.

Payments within Sweden to our new account only:
BG 862-0171

International payments:

IBAN SE02 8000 0832 7992 3432 8616
BIC: SWEDSESS

Please note the following:

- The course fee is to be paid no later than two weeks before the course.
- Registration for the summer courses, the autumn and winter courses and tuina & wei tuo jin: Payment of 1000 kr, or the entire course fee.
- For the summer courses state diet when paying the fee (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 course.



More information: www.zhinengqigong.eu

Email: info@zhinengqigong.eu or

call: +46-8-590 933 13 (Lars) / +46-762 -33 09 86 (Elisabeth)