



NEWSLETTER

MAY
2013



WE CELEBRATE 20 YEARS IN THE SUMMER COURSES

This year marks the 20th anniversary of our head teacher Su Dongyue coming to Sweden and starting to teach zhineng qigong in Europe. This means that our qifield has been built up for as long and is very strong and of high quality today. The qifield is the defining feature of zhineng qigong and crucial for our ability to deal with certain diseases and for increasing our gong fu. It supports us in our training, no matter how long we have been practising, and allows us to even more quickly see good results. The qifield in the summer courses is the best and strongest we can offer.

We are celebrating our 20th anniversary by significantly upgrading our 9-day summer courses this year. Many new things will be taught in both step 1 (hold qi up) and step 2 (xing shen zhuang). We will also show a video never shown here before and Su Dongyue will teach us a method for qi regulation.

The summer courses are the absolute best we can offer. No matter what your purpose is with practising zhineng qigong, you have the greatest opportunity to achieve your goals by participating in our summer courses. Whether you want to handle your health problems or diseases, develop your gong fu, deepen your wisdom, or understand more about life, we strongly recommend the summer courses. There you have the unique opportunity to receive education and lectures directly from our head teacher, to be in and practise in his and our strong qifield, to get group qi regulation directly from him every day. You also get to interact socially with many other qigong practitioners who may become your life long close friends. Many participants come back year after year and one of the things they look forward to is the interaction with other qigong practitioners from the Nordic countries as well as England and Germany.

As usual, many have already signed up for our courses in Nossebro this summer – please join us! Do not miss this opportunity to get all the qi available there!

More exciting courses this fall

As usual, we have an extensive course program for the fall based mostly on weekend courses in hold qi up and shenxin qigong. We also offer a number of other interesting courses. Those who have attended summer course two can practise xing shen zhuang in Stockholm for two days in early October. In mid-October, we arrange our four-day autumn courses in Finland and Norway for all who have attended at least one course in hold qi up. We also organise two courses in tuina acupoint massage and the traditional wei tuo jin training method in Gothenburg in late October and in Turku in early December.



Popular winter course

The winter course has evolved and changed over the years. Today it consists of a two day basic course in shenxin qigong, a six day practice course, and a day of xing shen zhuang practice. Even though the course is split in three, we see it as one course and the parts dissolve into one another. If you participate in all three courses, you can practise for nine days in our strong qifield – which many chose to do this year too. At the end of the course the participants were very satisfied with the new things learned, the powerful effect of practising, meeting their qigong friends and the results achieved. Read more in the course report on our home page.



NEWSLETTER MAY 2013

| Month | Date | Sweden | Norway | Finland | Other countries |
|-------|------------|-----------------------------|-------------------------|------------------------------|-----------------|
| Aug | 10-11 | | | | |
| | 17-18 | | | | |
| | 24-25 | | Bergen | | |
| Sep | 31/8-1/9 | Gothenburg | | Hangö (Finnish) | |
| | 7-8 | Kalmar Lund SXQ | | | |
| | 14-15 | | Trondheim | Ekenäs | |
| | 21-22 | Lidköping Stockholm | Bodö | | |
| | 28-29 | Gothenburg SXQ Bollnäs | | Turku (Finnish) Mariehamn | |
| Okt | 5-6 | Stockholm XSZ | | | Norwich |
| | 10-13 | | Bergen autumn course | | |
| | 12-13 | | | Helsinki | |
| | 17-20 | | | Pargas autumn course | |
| | 19-20 | Stockholm SXQ Lund | Kvinnherad | | |
| | 26-27 | Västerås | Oslo | Karjalohja (Finnish) | |
| | 31/10-1/11 | Gothenburg Tuina | | | |
| Nov | 2-3 | Stockholm Gothenburg WTJ | Trondheim SXQ | Turku Vasa | |
| | 9-10 | Nybro HQU2 | Bodö HQU2 | Karis | |
| | 16-17 | Gothenburg Älmhult | Hamar | Helsinki (Finnish) | Wedel |
| | 23-24 | Ystad | | Hangö SXQ | |
| Dec | 30/11-1/12 | Stockholm HQU2 | Bergen HQU2 | | |
| | 5-6 | | | Turku Tuina | |
| | 7-8 | | | Turku WTJ | |
| Jan | 2-6 | Gbg summer course practice | | | |

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



NEWSLETTER MAY 2013

Weekly practice (week 32-50):

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: Birkagården, Karlbergsvägen 86 B

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

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

Gothenburg

Monday, 6.30 p.m. – 8.30 p.m.
Location: Hvitfedtska Gymnasiet

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

Monday, 8.30 p.m. – 9.30 p.m.
Location: Hvitfedtska Gymnasiet

| 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 | 1700 SEK |
| - and participated in a summer course last year | 850 SEK |

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.

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

4 day autumn course, board and lodging incl.

| | |
|---------------------------------|---------|
| - Participated in basic course | 430 EUR |
| - Participated in summer course | 390 EUR |



NEWSLETTER MAY 2013

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