



NEWSLETTER

MAY
2014



OUR TWENTIETH YEAR OF SUMMER COURSES

This summer marks the twentieth consecutive year of our nine-day summer courses. The first year, 1995, our main teacher Su Dongyue held a course in Gothenburg and one in Åland. Much has happened to courses since then and above all, our qifield has become much stronger and finer, especially during the past two or three years. Those who attended many years ago would probably experience both the qifield and the results quite differently now. The qifield is the main characteristic of Zhineng Qigong and the strength and quality of it can be crucial to getting your desired result. The qifield together with the training and the education provided is the reason why many people go back home after our summer courses with such clear and positive results.

This summer we are in Nossebro again, to the delight of many who enjoy staying at the school in the small town in Västra Götaland. As usual, we start in the afternoon on the Monday after Midsummer, on June 23. The atmosphere of love, peace and joy make many return year after year and they cannot imagine a summer without at least one nine-day course.

Each year, we teach new things, and so we do also this summer. As we celebrate summer courses' 20th anniversary we will, besides the new course content, also have a few other surprises. Everything in order for us to understand more and to help us develop through qigong so that we can live a healthier, happier and more harmonious life. The course price includes not only the course fee, but also lodging and food – breakfast, lunch and dinner.

Courses This Autumn

Our two-day practice course in Xing shen zhuang has grown popular. It alternates between Gothenburg and Stockholm. This autumn it will be held in Gothenburg, on October 4-5. The course is open to all who have learned the method in our summer course step 2. You can also practise and correct Xing shen zhuang in our summer course practice and in the winter course. The summer course practice is established since many years. It too alternates between Gothenburg and Stockholm. Many take the opportunity to stock up on qi after the holidays before the spring semester starts. Next time, the course will be held in Stockholm on January 2-6. This autumn's Tuina and Wei tuo jin course is held in Trondheim.

The autumn courses in Finland and Norway are open to those who have attended a Hold qi up course with us. They are four-day residential courses where we mainly practise what we have learned in the Hold qi up course. For many, the autumn course has become a gateway to the best we have to offer, the summer courses.

In all our courses the qifield is strong. This can give you better effects more quickly. The prices of our weekend courses will be adjusted slightly upward after the summer, after having remained unchanged for several years.



New Pilot Study

People with long-term lower back pain will get to practise zhineng qigong with us in a pilot study carried out in Lund during the spring of spring 2014. Responsible for the study is Vårdalinstitutet at Lund University in collaboration with Region Skåne. Since 1997, we have run a number of projects in collaboration with different patient associations. We are always interested in collaboration with patient organisations and others in order to improve the quality of life for the patients and at the same time objectively evaluate the effects of our method.



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Month	Date	Sweden	Norway	Finland	Other countries
Aug	16-17				
	23-24	Gothenburg			
	30-31		Bergen	Hangö	
Sep	6-7		Trondheim		
	13-14	Lidköping	Bodö		
	20-21	Stockholm		Tampere (Finnish)	
	27-28	Lund		Pargas Karis	Hamburg
Oct	4-5	Gothenburg XSZ		Mariehamn Borgå	
	11-12	Stockholm SXQ Västerås			
	16-19			Pargas autumn course	
	18-19	Kalmar	Kvinnherad		
	25-26				
Nov	1-2	Stockholm	Trondheim SXQ	Helsinki (Finnish)	
	8-9			Ekenäs	Norwich
	15-16	Lund SXQ Bollnäs	Bodö	Turku (Finnish) Vasa	
	22-23	Gothenburg HQU2 Ystad Nybro SXQ		Helsinki	
	27-30		Bergen autumn course		
	29-30			Hangö SXQ	
Dec	4-5		Trondheim Tuina		
	6-7	Stockholm HQU2 Gothenburg	Trondheim WTJ		
Jan	2-6	Stockholm 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



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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: Hvitfédtska Gymnasiet

Wednesday, 7 p.m. – 9 p.m.

Location: Valhallabadet

Monday, 8.30 p.m. – 9.30 p.m.

Location: Hvitfédtska 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 1800 SEK

- Child under the age of 15 1100 SEK

Repetition:

- Participated in basic course, 2 days 800 SEK

- Participated in basic course, 1 day 550 SEK

- Participated in summer course, 2 days 500 SEK

- Participated in summer course, 1 day 350 SEK

Hold qi up 2

First time participation 1800 SEK

- and participated in a summer course last year 900 SEK

Repetition:

- Participated in basic course 800 SEK

- Participated in summer course 500 SEK

- Participation 1 day: prices as in basic course hold qi up

9 Day Summer Course 1,

- First time participation in a summer course 7780 SEK

- Participated in summer course level 1 before 2011 6880 SEK

- Participated in summer course step one 1 2011 or later 5880 SEK

- Participated in summer course level 2 before 5880 SEK

9 Day Summer Course 2,

- First time participation 7780 SEK

- Participated in summer course 2 before (2011 or later) 5880 SEK

4 day autumn course,

- Participated in basic course 450 EUR

- Participated in summer course 410 EUR



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Shenxin qigong, basic course

First time participation:

- Adult	1800 SEK
- Child under the age of 15	1100 SEK

Repetition:

- Participated in basic course	800 SEK
- Participated in winter course shenxin qigong	500 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	700 SEK
- Repetition	400 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)	1400 SEK
- Participated in summer course 2 (1 day)	800 SEK

Acupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:

- Acupoint tuina & wei tuo jin	4150 SEK
- Wei tuo jin	2100 SEK

Repetition:

- Both tuina and wei tuo jin	2400 SEK
- Only acupoint tuina	1400 SEK
- Only wei tuo jin	1400 SEK

All prices in SEK, except the autumn courses, which are in 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)