



# NEWSLETTER

MAY  
2015



## OUR SUMMER COURSES – A UNIQUE OPPORTUNITY

Of all the zhineng qigong teachers still teaching the method, Su Dongyue is the one who has been active the longest. To get the opportunity to learn from him, to get the benefit of his experience and knowledge, is something quite unique. This is something you can do only in our 9-day summer courses, which we arrange for the 21st consecutive time. He teaches both step one – Hold Qi Up – and step two – Xing Shen Zhuang.

As in recent years, we will be in Nossebro in Västra Götaland, a town that has been highly appreciated by our participants. Step one begins June 22 and ends July 1, the step two course takes place on July 1–10. Every year, we teach new things. This is naturally the case also this summer. This applies both in terms of various assisting exercises as well as the lectures Dongyue Su holds. This summer he will, among other things, talk more about the qi field, about things that are important and that have not been touched upon before. The qi field is a very important reason for the strong results that are always achieved in our summer courses. It does not only give us qi, we also get other things out of it, such as love, good wishes etc. The fact that we are so many participants and that so many of us have practised for so long contributes to the power and quality of the qi field. But the most important factor is the main teacher. There is difference between teachers, they have different experience and the strength of their gong fu differs. This gives a difference in the qi field, which in turn gives different results for the participants. The same exercise practised for the same length of time thus gives different effects depending on the qi field in which the exercise takes place.

Last summer Su Dongyue introduced Qi Comb Regulation to us, which was appreciated by many. This summer he will teach an upgraded version of the course. Don't forget to bring your comb, those of you who already have one.



### News in our course program

*The winter course, which after 10 years in Bollnäs, now is arranged for the fourth time in Karlskoga, has become one of our most popular courses. For all who have attended our winter course, there is now a new course: a three day practice course. The course is called Winter course practice and is arranged for the first time this fall, November 6-8 in Södergården in Stockholm. Another novelty is our basic course and practice in Toscana in Italy, a collaboration with Kulturfiluren from Gothenburg. The time for that course is September 3-10. If you want to read more about this, please check under the News heading in our web page.*

### Upcoming Courses

Besides all our regular two day courses in Hold qi up, Hold qi up 2 and Shenxin qigong, we also arrange a number of other courses this fall. The first weekend of October, we arrange a practice course in Xing shen zhuang. In Pargas, Finland on October 15-18, we arrange our traditional Autumn course, a four day practice course with lodging included for those who have attended a HQU course. The Autumn course is also arranged in Norway on December 3-6. In Gothenburg we arrange a Tuina and Wei to jin course over the Lucia weekend in December. Gothenburg also hosts the summer course practice as a start of 2016 on January 2-6.



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Month	Date	Sweden	Norway	Finland	Other countries	
Aug	22-23	Gothenburg				
	29-30	Stockholm SXQ	Bergen			
Sep	5-6					
	12-13					
	19-20	Stockholm	Bodö, Kvinnherad			
Oct	26-27		Trondheim	Turku, Hangö, Mariehamn		
	3-4	Stockholm XSZ				
	10-11	Lund, Gothenburg XG, Gothenburg SXQ				
	15-18			Pargas autumn course		
	17-18		Oslo			
Nov	24-25	Stockholm, Ljungskile, Kalmar				
	31-1			Ekenäs		
	6-8	Stockholm winter course practice				
	7-8	Bollnäs		Pargas		
	14-15	Ystad	Trondheim SXQ	Helsinki	Norwich	
	21-22	Lidköping	Bodö SXQ			
Dec	28-29	Stockholm HQU2, Gothenburg HQU2, Nybro SXQ				
	3-6		Bergen autumn course			
	5-6	Gothenburg		Salo		
	10-11	Gothenburg Tuina + WTJ,				
	12-13	Gothenburg WTJ				
	Jan	2-6	Gothenburg 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: Södergården, Götgatan 37

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: Södra byggnaden Hvitedtska Gymnasiet

Wednesday, 6.30 p.m. – 8.30 p.m.

Location: Villa Överås, Danska vägen 20, Örgryte

Monday, 8.30 p.m. – 9.30 p.m.

Location: Södra byggnaden Hvitedtska Gymnasiet

Wednesday, 8.30 p.m. – 9.30 p.m.

Lokal: Villa Överås, Danska vägen 20, Örgryte

Group practice fees	terminskort (19 ggr)	10-kort	per tillfälle
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, 1 h	760 SEK	500 SEK	60 SEK
Practice group XSZ, 1 h	760 SEK	500 SEK	60 SEK

## Lyft upp qi, 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, board and lodging incl.

- First time participation in a summer course	8280 SEK
- Participated in summer course level 1 before 2011	7380 SEK
- Participated in summer course step one 1 2011 or later	6380 SEK
- Participated in summer course level 2 before	6380 SEK

## 9 day summer course 2, board and lodging incl.

- First time participation	8280 SEK
- Participated in summer course 2 before (2011 or later)	6380 SEK

## 4 day autumn course, board and lodging incl.

- Participated in basic course	450 EUR
- Participated in summer course	410 EUR

## Xiao gongfa Three hour course

- First time participation	700 SEK
- Repetition	400 SEK



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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

## Whinter 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

## Winter course practice 3 days

for those who have participated in a winter course

- The whole course	1800 SEK
- Per day (if places are available). Minimum 1.300 kr	650 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

## Akupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:

- Akupunkt tuina & wei tuo jin	4150 SEK
- Wei tuo jin	2400 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](http://www.zhinengqigong.eu)

Email: [info@zhinengqigong.eu](mailto:info@zhinengqigong.eu) or

call: +46-8-590 933 13 (Lars) / +46-704 738 287 (Elisabeth)