



# NEWSLETTER

MAY  
2017



## OUR POPULAR SUMMER COURSES

Finally it is time for our strongest and most popular courses – our 9 days summer courses. Nossebro is once again ready for our arrival, we are many who have longed to return after last summer's well visited courses. As usual it is our teacher Dong-Yue Su who leads the courses. Do not miss out on the opportunity to learn straight from him, for those who want to develop themselves through Qigong it has in all times been fundamental to find a really good teacher. Our Qi-field continues getting stronger and finer, which highly contributes to the possibilities the participants have during the summer courses to get the results they want. Remember that last year the first course was fully booked, do not wait to register, we can not guarantee place for everyone. The main exercise during course one is Hold Qi Up, during course two it is Xing Shen Zhuang.



During the summer courses you also get the opportunity to learn our popular EasyCare – Qi-comb method. Since it was introduced a few years ago it has become increasingly popular and many Qigong practitioners now practise it daily. The course is only held during our summer and winter courses.

Repetition is essential in Zhineng Qigong. We learn the exercises at different rates and the same for our understanding. We need to insist to practise, so we can get better results and deepen our understanding. By paying attention to the results we ourselves and those around us have achieved we can increase our trust, which can also lead to better results from practicing.

More of us gain increased understanding and come to realize the importance of practise, as can be seen during our courses. Many take every opportunity to join group practise in our Qi-field. We have many courses where we practise a lot and the number of participants are continuously high and increasing, e.g. at the summer and winter courses, the autumn courses and the summer and winter course practise days. The same for the training trip to Spain. There is also great interest in our courses in Tuina and Wei Tou Jin. The participants share their positive mood in the course evaluations, they feel the strength of our Qi-field and often experience clear and concrete effects as a result of each respective course.

One can also increase ones understanding by reading what is published on our website. There are a lot of good content which one can benefit from reading, in course reports, personal stories etc. To not miss anything, make it a habit to visit the website every day. For the up-to-date course schedule always see our website.

This autumn's course schedule is as usual filled. The winter course practise is arranged in Gothenburg this year and the Xing Sheng Zhuang practise days in Stockholm. Autumn courses will be held in Finland, Lärkkulla in Karis and in Bergen in Norway, as usual. The summer course practise after Christmas and New Year's will be held in Gothenburg. Dong-Yue Su will then lead an EasyCare course for the eyes there – for the first time in Gothenburg. In addition to that he will also give a lecture for beginners during the course.





# COURSES THIS AUTUMN

| Month | Date  | Sweden                               | Finland             | Norway                  | Other countries |
|-------|-------|--------------------------------------|---------------------|-------------------------|-----------------|
| Aug   | 19-20 | Gothenburg                           |                     |                         |                 |
|       | 26-27 | Stockholm SXQ                        |                     | Bergen                  |                 |
| Sept  | 16-17 | Gothenburg SXQ<br>Stockholm          | Turku<br>Hangö      | Trondheim               |                 |
|       | 23-24 | Nybro                                |                     | Gran<br>Ålesund<br>Bodö |                 |
|       | 30-31 | Stockholm XSZ                        |                     |                         |                 |
| Okt   | 7-8   |                                      | Helsinki            |                         | Norwich         |
|       | 14-15 | Ljungkile                            | Mariehamn           | Oslo                    |                 |
|       | 21-22 | Stockholm<br>Bollnäs                 |                     | Bergen SXQ              |                 |
|       | 28-29 | Gothenburg<br>Västerås<br>Lund       |                     |                         |                 |
| Nov   | 9-12  |                                      | Autumn course Karis |                         |                 |
|       | 10-12 | Gothenburg<br>Winter course training |                     |                         |                 |
|       | 16-19 |                                      |                     | Autumn course Bergen    |                 |
|       | 18-19 | Kalmar SXQ<br>Ystad                  |                     |                         |                 |
|       | 25-26 | Stockholm LUQ2                       |                     |                         |                 |
| Dec   | 2-3   | Gothenburg LUQ2                      |                     |                         |                 |
| Jan   | 3-7   | Gothenburg<br>Summer course training |                     |                         |                 |

*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 non is given.

HQU2= Hold Qi Up 2  
SXQ= Shenxin Qigong

XSZ= Xing Shen Zhuang  
WTJ = Wei Tuo Jin



## Please note the following:

- 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.
- For children under the age of 15 to join a parent or other guardian is also required to join the course.