



NEWSLETTER

MAY
2018



SUMMER COURSES IN NOSSEBRO FOR THE 10TH CONSECUTIVE YEAR

Also this summer, we gather, Zhineng Qigong practitioners from several countries, in our dear Nossebro. There we are well, and many come back year after year. We have already registered many for the Summer Courses, please do not wait too long with the registration if you want to be sure to participate.



We were many participants at this year's Winter Course.

The Step One course begins with check-in Monday June 25 in the afternoon and continues until the afternoon Wednesday July 4. Then we will directly proceed with the continuation course Step Two, which will end on Friday, July 13.

This year is the 24th year in a row we arrange our 9-day Summer Courses. Even though the courses have had the same setup in recent years, there is always something new every year. The qi-field is the most important feature of the Zhineng Qigong school. We become increasingly more

who practice and who have practiced for a long time. All of our efforts for 24 years have made our qi-field stronger and stronger, finer and finer and calmer and calmer, which increases the chance for everyone to feel happier and to get real improvements during the courses. The Summer Courses are also the only courses where you have the chance to learn directly from Su Dongyue. Whatever results you want to achieve, our chance is greatest during our Summer Courses.

Many participants at our other courses

It is gratifying that more and more people realize the importance of participating in the qi-field, it is apparent from the large number of participants we have had in several courses. The Summer Course training in Gothenburg in January attracted a record number of participants, also the course in EasyCare for the eyes held there at the same time was well-attended and appreciated. The recently completed training course in Spain also had more participants than before and our Winter Course is always well-attended. Take the opportunity you too, join the qi-field and enjoy the benefits of it. The program for this autumn is as usually full, the up-to-date course program is always on our website.

Organisational changes

Some activities are now being transferred to another company, PerfectSelf. In that company, the courses in Tuina and Weituo Jin and EasyCare are arranged from now on, the course fees will be paid on Bg 5265-3672. No change in other course activities, arranged as before by European Zhineng Qigong and paid to Bg 862-0171. After the summer, a small price increase will take place on our two-day courses in Hold Up Qi and Shenxin Qigong.



To practice on the beach was appreciated in Spain.



COURSES THIS AUTUMN

Month	Date	Sweden	Finland	Norway	Other countries
Aug	18-19	Gothenburg			
	25-26			Bergen	
Sept	1-2	Alingsås Stockholm SXQ			
	8-9	Västerås	Hanko SXQ		
	15-16	Stockholm Göteborg SXQ		Bodö Oslo	
	22-23		Helsinki	Trondheim Ålesund	
	29-30	Gothenburg XSZ Bollnäs			
Oct	6-7	Lund	Mariehamn Vasa		
	13-14	Nybro	Ekenäs	Gran	
	18-21			Bergen Autumn Course	
	20-21	Stockholm			Norwich
	27-28	Gothenburg Ljungskile Karlskoga	Turku		
Nov	9-11	Stockholm Winter Course Training			
	15-18		Karis Autumn Course		
	17-18	Ystad		Oslo Bergen SXQ	
	24-25	Stockholm LUQ2 Gothenburg LUQ2 Kalmar WTJ			
Jan	2-6	Stockholm 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 = Weituo 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.