



NEWSLETTER

MAY
2019



SUMMER COURSES FOR THE 25TH YEAR IN A ROW

That happy time of year has come round again as we arrange our Summer Courses for the 25th consecutive year. The first year was 1995, when two step-one courses were held, one in Gothenburg and one in Åland. This year it will be a step-one course followed by step-two course, as it has been since 1998. As in recent years, we shall be in our dear Nossebro, and it will be a heartwarming reunion for many.



Over these 25 years, we have built up our Qi-field to what it is today. Improving year by year, the Qi-field we create on Summer Courses is very strong and fine, giving you the greatest chance of getting rid of health problems, understanding deeper and developing your Gung Fu. Everyone's efforts over the course of these 25 years, and especially our teacher's ability, have given us today's Qi-field, something unique that would be hard to find elsewhere.

Every year we repeat things we have already learned and share new information, new knowledge. Our teacher Dong-Yue Su shares his experiences with the

aim of helping us in our development. The Summer Courses are the only courses now where you can learn directly from him. In recent years, there have been growing numbers of participants, and we have touched the limit for the numbers we can accommodate. So if you want to be sure of getting a place, do not wait too long with your application.

When we celebrated our anniversary of 20 years of Summer Courses, five years ago, Dong-Yue and his wife produced a special limited edition calligraphy of the word "Qi". Many of us have had this picture displayed in our homes, perhaps in the room where we practice. Now, for this anniversary, a new, similar calligraphy will be available, of the word "harmony". Read more about this and the possibility of ordering one in advance in "Latest news" on our website, or [click here](#) to go directly to the article.

Courses this autumn

Autumn 2019, as usual, will see us offer an extensive programme of different courses in a variety places. Autumn Courses are held in Pargas, Finland and in Oslo, Norway. The training weekend in Xing Shen Zhuang will be held in Stockholm, and Gothenburg is hosting both the Winter Course Training and Summer Course training, the later directly after New Year as usual.



Soon it's time for the Summer Courses again.



COURSES THIS AUTUMN

Month	Date	Sweden	Finland	Norway	Other countries
Aug	17-18	Gothenburg			
	24-25	Stockholm SXQ			
Sept	7-8	Stockholm Alingsås		Bergen	
	14-15	Ljungkile Ystad	Hangö	Oslo	
	21-22	Västerås Gothenburg SXQ		Trondheim	
	28-29	Nybro Lund		Gran Ålesund Bodø	
Oct	5-6	Bollnäs Stockholm XSZ	Helsinki Vasa		
	17-20		Pargas Autumn Course	Oslo Autumn Course	
	26-27	Stockholm Karlskoga		Bergen SXQ Osen	
Nov		Gothenburg			
	8-10	Gothenburg Winter Course Training			
	9-10				Norwich
	16-17	Kalmar HQU2	Turku	Oslo Ålesund SXQ	
	23-24	Stockholm HQU2 Vallda		Trondheim SXQ	
	30/11-1/12	Gothenburg HQU2			
Jan	After new years	Gothenburg 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.