



European Zhineng Qigong Center

Newsletter November 2006

Hello friends of Qigong. Another year is drawing to an end. Here is some assorted reading for you.

The Summer Course

For the third consecutive year the summer course was held in Kvänum in Västergötland. You can read the course reports as well as many participants' personal stories on our web page. The summer courses are popular, so make sure to plan next year's summer course already today. They are scheduled for the weeks immediately following midsummer. This is an opportunity you don't want to miss! You will learn new things both about Qigong and about health in general, even if you have attended the course before. In each course we repeat a lot of the content from previous courses, update our knowledge and learn new things.

Practice and the Qi-field

You will not automatically improve your health just by going to China, meeting a Qigong master or by reading books about Qigong. The most important thing is, and has always been, to practice. How is my health supposed to improve if I don't do anything? Practice is the key for all Qigong! In Zhineng Qigong, practicing in the Qi-field is the most central concept. It's better to practice alone than to not practice at all, but it's even better to practice in the teacher's Qi-field. We encourage you to, as often as possible, take the opportunity to participate in courses and group practice. Then you also participate in making the Qi-field stronger still, for your own and others' benefit.



The fact that practicing really can improve health has been demonstrated, e.g., through research and statistics from projects and courses. The opportunity is there, but requires an effort. Imagine two identical persons, one practices, the other doesn't. The health situation of the one who practices will be better. It's also important to enjoy and feel happy about practicing. Don't demand to know the results beforehand. Just like any other form of learning, in school or in sports, participate with joy even though you don't know what it will lead to. Maybe you won't be a professor or a world champion in your field

and no one can promise that you will be healed, but your chances are better if you appreciate your practice and enjoy it.

Another way of participating in the Qi-field is to do good things for others by, e.g., organizing courses, contacting companies, municipalities and organizations, arranging projects, distributing posters, contacting newspapers for publishing articles or anything other activity that can spread Zhineng Qigong. In this way, you can give others the same possibility to enhance their life quality as you have.

Health Effects

Many of our participants wish to share their good results by publishing their personal story on our web page. You can read about Maja, aged 18, who could quit her drug abuse through practicing Qigong; Inger's fairy tale store about how she got rid of her psoriasis; about Erika, who can handle her rheumatism or Anita who got rid of her emerging diabetes. The list is long. We can all find something there to inspire us. On our web page, you can directly tip off others to read a certain story. Maybe your experience can inspire someone to start practicing?

Gift Certificates

This year we introduce gift certificates. A great gift if you want to give someone the chance to improve their health. You choose the sum you want to give. Deposit money on our account; specify "gift certificate" and we will send it to the address you state.

Denmark

Finally it's time for a course in Copenhagen, a basic course in Hold Qi Up on April 21-22. Be sure to let your friends in Denmark know well in advance!

Coming Courses

If you've attended a project or summer course, there is a four day training course in Stockholm during the Epiphany weekend. This is a great opportunity to get extra Qi after the holidays. The winter course is in Bollnäs week nine. There we will be practicing mostly Shenxin Qigong, a method that more people are discovering and appreciate. In Gothenburg, we have a course in TuiNa/Wei Tuo Jin in May. On the next page you can read more about the weekend courses, with some new places. The course list may change; check the updated list on our web page.

In closing: **Merry Christmas and a Happy New Year!**



Courses and Lectures Spring Term 2007



Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Outside Sweden	Shenxin Qigong	Lectures/ Other Courses
January	4-7	4-day in Stockholm*			
	20-21			Kungsängen	Kungsängen 11/1 lect.**
	27-28	Gothenburg Kungsängen			Stockh. 22/1 lect. 19-21 ABF, Sveavägen 41
February	3-4	Ljungby Alfta Guldsmeshyttan	Karis Mariehamn Bergen		
	10-11	Stockholm Lund			
	17-18		Trondheim		
	26-27			Bollnäs 2 days	
March	28-4			Bollnäs 5 days	
	10-11		Borgå Kvinnherad		
	17-18	Gothenburg Helsingborg	Oslo Turku		
	24-25		Norwich Ekenäs	Stockholm	Copenhagen, 22/3 lect.
April	31-1	Bollnäs Vara			
	14-15	Nynäshamn	Helsinki		
	21-22	Karlstad	Copenhagen		
	28-29	Västerås	Vasa	Gothenburg	Gothenburg IT-gong
May	5-6	Stockholm			
	12-13	Nybro Malmö			
	17-18				Gothenburg, TuiNa
	19-20		Turku HQU2		Gothenburg, Wei Tuo Jin
	26-27	Stockholm HQU2			
June	2-3	Kastlösa			
June, July	25-4	Summer Course Level 1			
July	4-13	Summer Course Level 2			

* Four day practice course: Prior participation in at least a summer course or a longer project.

** A lecture normally held before each weekend course. Check our web page under lectures or contact us.

Weekly Practice (week 2 – 22):

	<u>Stockholm</u>	<u>Gothenburg</u>
Drop In Course Hold Qi Up: -> Both new and repeating participants	Thursdays, at 6 – 7 p.m. Location: Klockhuset's Hall*	Wednesday, at 12 – 1 p.m. Location: Valhallabadet
Practice Group Hold Qi Up: -> Participated in a basic course or at least 20 drop-in	Wednesday, at 6 – 8 p.m. Location: Klockhuset's Hall*	Monday, at 6.30 – 8.30 p.m. Location: Hvitfeldtska Gymnasiet**
Practice Group Hold Qi Up: -> Participated in summer course or project	Tuesday, at 6 – 8 p.m. Location open. Check the web page.	Thursdays, at 6.30 – 8.30 p.m. Location: Hvitfeldtska Gymnasiet**

* Klockhuset: Sabbatsbergsgv. 22

** Södra Aulan

Group Practice Fees

Drop In courses: 70 kr/time, 10 card 600 kr. Same as practice group after 20 times of drop in or after a basic/summer course.

Practice Group Hold Qi Up: 2 hours: term card 21 times. 1 260 kr, 10 card 700 kr, one practice 80 kr.
Note! Summer course participants: add 400 kr to the term fee and get a term card for both groups.

Price List Spring Term 2007



Hold Qi Up

Basic Course	
First time participation:	
- Adult	1600 kr
- Child under the age of 15	900 kr
Repetition:	
- Participated in basic course/drop in 20 x -> 2 days	500 kr
- Participated in basic course/drop in 20 x -> 1 day	300 kr
- Participated in summer course/project -> 2 days	150 kr
- Participated in summer course/project -> 1 day	100 kr
2 Day Practice Course	
- Participated in basic course/drop in 20 x -> 2 days	900 kr
- Participated in basic course/drop in 20 x -> 1 day	500 kr
- Participated in summer course/project -> 2 days	600 kr
- Participated in summer course/project -> 1 day	300 kr
4 Day Practice Course	
For those who have participated in a summer course or project.	
- The whole course	1900 kr
- Per day (if places are available) Minimum 1 000:-	500 kr
9 Day Summer Course, Full Board and Lodging	
- First time participation in level 1 or 2	6880 kr
- Repetition level 1 or 2	4780 kr
Hold Qi Up 2	
First time participation	1600 kr
Repetition:	
- Participated in basic course/drop in 20 x	500 kr
- Participated in summer course/project	150 kr
- Participation 1 day: prices as in weekend course Hold Qi Up	



Shenxin Qigong

Shenxin Qigong, Basic Course	
- First time participation	1600 kr
Repetition:	
- Participated in basic course Shenxin Qigong	500 kr
- Participated in winter course Shenxin Qigong	150 kr
Winter Course Shenxin Qigong	
Five day course, board and lodging not included	
- Participated in basic course Shenxin Qigong	3000 kr
- Repetition	2000 kr



IT-gong

IT-Gong, 3 Hour Course	
- First time participation	400 kr
- Repetition IT-Gong	200 kr



TuiNa & Wei Tuo Jin

Acupoint Tuina & Wei Tuo Jin	
Board and lodging not included. WTJ required for Tuina.	
First time participation:	
- Acupoint Tuina & Wei Tuo Jin	3750 kr
- Wei Tuo Jin	1900 kr
Repetition:	
- Only Acupoint Tuina	1200 kr
- Only Wei Tuo Jin	1200 kr

All prices are in SEK. For courses outside Sweden prices are calculated according to current exchange rates.

Binding registration to courses by payment to **Plusgiro 612 09 45-8 (Sweden)**

For payments from outside Sweden, the following information is necessary:

Plusgiro 612 09 45-8 i Nordea Bank Sweden, 105 71 Stockholm.

IBAN: SE31 9500 0099 6018 6120 9458 / BIC: NDEASESS

The course fee to be payed 2 weeks before the course.

Please note the following:

> Registration for the summer course, five day course in Shenxin Qigong, TuiNa & Wei Tuo Jin:

Payment of 1000 kr, or the entire course fee. For 9-day state diet alternative (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 courses.

More information: www.zhinengqigong.eu

Email: info@zhinengqigong.eu or call: 08-590 933 13 (Lars) / 031-12 98 75 (Elisabeth)