



European Zhineng Qigong Center

Newsletter november 2007

Dear friends of Qigong! The autumn and winter is once again here and it's time for a newsletter from European Zhineng Qigong Center.

The summer course

As usual, the summer course was well-attended and appreciated both by beginners and more advanced participants. Under the heading "Results > Course reports", in our home page, you can read more about the course and about the participants' experiences and improvements.

The Qi-field

One purpose of practicing Qigong is to improve our health, both physically as well as mentally. We should seek to improve our Gung Fu. How – through more practice, by our selves or in a group. Take the chance to get faster results through more training in our strong Qi-field – participate in more courses and group trainings. Contributing to making it possible for us to arrange more courses, projects or the like can also increase your Gung Fu.

The impact of our thoughts

Our mental state largely depends on the way we think and how much we think. By our environment we've learned a way of thinking and how to handle things around us. We've learned to react to a certain situation in a certain way, for instance, with anger or depression. Generally we think too much. Many of us need to learn a new way of thinking, so that we think less and spend less Qi. We should actively train ourselves to change the negative thought patterns and replace them with a calmer and more positive way of thinking. You can also improve the mental health through helping other people, for instance by spreading information about Zhineng Qigong and what the practice can offer.

Winter course and 4-days

Both the winter course in Shenxin Qigong and our 4-day training course are becoming increasingly popular. This is partly due to the good results that have been achieved there. Many appreciate the possibility to practice and to fill up with a lot of Qi during the darker period of the year. The 4-day course, that is open to those who have taken the summer course, will take place in Gothenburg 3-6th of January and the winter course is during week 9 in Bollnäs. You can register at the home page <http://www.zhinengqigong.eu/>.

IT-Gong

Courses in IT-Gong are planned for during the spring term, both in Stockholm and Gothenburg. The course lasts for three hours, during which you learn movements that can be helpful when working much in front of a computer screen or if you for any other reasons are sitting still a lot. The course is very suitable for companies. We would be happy to have a course at your work place.

Christmas presents

This Christmas we introduce a wall calendar for the year of 2008, with nice pictures related to Qigong. The price for a calendar is 200 SEK. During the summer course we introduced our new training shirts and they turned out to be very popular. The shirts come in different colours and styles. They are mainly sold during bigger courses. Another great present for Christmas is a gift voucher to our courses. You can choose the sum you want to give. Please send an e-mail to info@zhinengqigong.eu to order anything of the above.

Merry Christmas and a Happy New Year!



Courses and Lectures Spring Term 2008

Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Outside Sweden	Shenxin Qigong	Lectures / Other Courses
January	3-6	Gothenburg, 4-day*			
	19-20			Kungsängen	
	26-27	Ljungby Helsingborg	Helsinki Kvinnherad		
February	2-3	Stockholm Gothenburg	Mariehamn		
	9-10	Lund			
	16-17		Bergen Ekenäs		
	25-26			Bollnäs	
	27-2			Bollnäs, Vinterkurs	
March	8-9	Nybro Karlstad	Stjördal		
	15-16	Malmö Kungsängen Vara	Norwich Vasa		
	29-30		Copenhagen Oslo Turku		
April	5-6	Stockholm HQU2	Bergen HQU2		
	10-11				Gothenburg, Tuina
	12-13	Bollnäs	Karis		Gothenburg, Wei Tuo Jin
	19-20		Trondheim		Gothenburg, IT-Gong 17/4
	26-27			Stockholm Gothenburg	Stockholm, IT-Gong 21/4
May	10-11	Nybro HQU2	Borgå		
	17-18	Stockholm Gothenburg	Canterbury		
	24-25		Turku HQU2		
June	23-2	Summercourse, Level 1			
July	2-11	Summercourse, 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):

Stockholm

Gothenburg

Drop In Course Hold Qi Up:

-> Both new and repeating participants

Thursday, kl. 18.00 - 19.00

Location: Klockhuset's Hall*

Wednesday, kl. 12.00 - 13.00

Location: Valhallabadet

Practice Group Hold Qi Up:

-> Participated in a basic course or at least 20 drop-in

Wednesday, kl. 18.00 - 20.00

Location: Klockhuset's Hall*

Monday, kl. 18.30 - 20.30

Location open, call for information

Practice Group Hold Qi Up::

-> Participated in summer course or project

Tuesday, kl. 18.00 - 20.00

Location: Matteusskolan, Vanadisv. 16

Wednesday, kl. 19.00 - 21.00

Location: Valhallabadet

Practice Group Shenxin Qigong:

-> Participated in basic course Shenxin Qigong

Thursday, kl. 19.00 - 20.00

Location: Klockhuset's Hall*

* Klockhuset: Sabbatsbergsgv. 22

Group Practice Fees

Drop In courses: 10 card 600 kr, or 70 kr/time. 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 17 pcs. 1.020 kr, 10 card 700 kr, or 80 kr/time.

Note! Summer course participants: add 400 kr to the term fee and get a term card for both groups

Practice Group Shenxin Qigong: 10 card 400 kr, or 50 kr/time.

Price List Spring Term 2008



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 ggr -> 2 days	600 kr
- Participated in basic course/drop in 20 ggr -> 1 day	400 kr
- Participated in summer course/project -> 2 days	250 kr
- Participated in summer course/project -> 1 day	200 kr
2 Day Practice Course	
- Participated in basic course/drop in 20 ggr -> 2 days	900 kr
- Participated in basic course/drop in 20 ggr -> 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 ggr	600 kr
- Participated in summer course/project	250 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	600 kr
- Participated in winter course Shenxin Qigong	250 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	600 kr
- Repetition IT-Gong	300 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)