



European Zhineng Qigong Center

Newsletter November 2008

Hello Qigong friends! Christmas is drawing near again and the new year shortly thereafter. A new year with many new opportunities. Here is some of what has been and what will come.

The Summer Course

The summer course celebrated its fifth anniversary in Kvänum. The course was well-attended as usual. A particularly fun aspect was the family who had participants from three generations, grandmother, son and the little grandchild. We were visited by many different representatives of the media, both local and national. If you've missed the articles you will find reviews on our homepage. There you can also find new personal stories and the course report from this summer.

Half way through the course we had half a day off, which ended with a cabaret in the evening. This is what one participant said about this year's version: "I had heard about the cabaret but I couldn't imagine that it would be this good. It would be worth coming here just for the cabaret."

The Autumn Course

Our activities in Finland are increasing and this year the time had come to introduce a completely new course focused on practising: the Autumn Course, open to anyone who has attended at least one basic course in Hold Qi Up. The course was highly appreciated and was fully booked early. You can read more about the course on our homepage under Course Reports.

Help Others

We have created a "business card", which among other things contains brief information about Zhineng Qigong and our web address. The cards are great to bring along and share with others and in that way give them the opportunity to be helped by Zhineng Qigong. They are fun to have at hand when

Qigong is brought up in a discussion. Helping others is part of the spirit of Qigong. If you too want to hand out cards, email info@zhinengqigong.eu and we will send you some.

The Four-Day Course

Every year there is an opportunity for all who have attended at least a summer course or one of our longer projects to attend a four-day practise course. This year the course is held in central Stockholm starting on Saturday, January 3rd. If there is room, you can also participate for less than four days. The minimum is two days. The course is a great way to start the new year. Sign up early, the number of places is limited.

The Winter Course

The Winter Course in Shenxin Qigong 2009 contains many novelties. The course is extended by one day. We practise for six days instead of the earlier five. If you choose to participate in the basic course as well, you can practise for a total of eight days. Another novelty is that Su Dongyue has promised to play a sort of Qigong game with us, even though he will not be there himself. Don't miss this opportunity to charge up on Qi in the dark of winter!

Tuina and Wei Tuo Jin

This spring, on May 14-17 we have our first Tuina and Wei Tuo Jin course in Finland, in Turku to be specific. This is an opportunity for all Qigongers to learn more about, e.g., meridians. Read more about the courses on our homepage!

Finally, don't forget that we first and foremost arrange courses in Hold Qi Up, which give you the basis for participating in more advanced courses. They also give you a deeper understanding and a better effect.

Merry Christmas everybody! And a Happy New Year!



Courses and Lectures Spring Term 2009

Month	Date	Hold Qi Up, Sweden	Hold Qi Up, outside Sweden	Shenxin Qigong	Lectures / Other courses
January	3-6	Stockholm 4-day course*			
	17-18			Kungsängen	
	24-25	Gothenburg	Helsinki		
	31-1/2			Bergen Pargas	
February	7-8	Stockholm Helsingborg	Ekenäs Kvinnherad		
	14-15				
	22-23			Bollnäs	
	24-1/3			Bollnäs Wintercourse	
March	7-8	Kungsängen	Copenhagen Turku	Gothenburg	
	14-15	Kvänum	Oslo Mariehamn		
	21-22	Malmö Karlstad Bollnäs		Stockholm	
	28-29		Norwich Bergen Hamar Hangö		
April	4-5	Kalmar	Borgå		
	18-19		Vasa		
	25-26	Stockholm Lund	Trondheim		
May	2-3	Gothenburg			
	9-10		Helsinki HQU 2 Bergen HQU 2		
	14-15				Turku, Tuina
	16-17	Stockholm HQU 2			Turku, Wei Tuo Jin
June	22-1/7	Summer Course level 1			
July	1-10	Summer Course level 2			

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

Usually a lecture is 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, 18.00 - 19.00

Location: Klockhuset's Hall*

Thursday, 12.00 - 13.00

Location: Valhallabadet

Practice Group Hold Qi Up:

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

Wednesday, 18.00 - 20.00

Location: Klockhuset's Hall*

Monday, 18.30 - 20.30

Location: Södra Aulan, Hvitfeldtska Gy.

Practice Group Hold Qi Up:

-> Participated in summer course or project

Tuesday, 18.00 - 20.00

Location: Matteusskolan, Vanadisv. 16

Wednesday, 19.00 - 21.00

Location: Valhallabadet

* Klockhuset: Sabbatsbergsgv. 22

Group Practice Fees

Drop In courses: New participants: 10 card 700 kr, or 80 kr/time. Participated in basic course: 10 card 500 kr, or 60 kr/time. Participated in Summer course: 10 card 350 kr, or 40 kr/time.

Practice Group Hold Qi Up: 2 hours: term card 21 pcs. 1.470 kr, 10 card 800 kr, or 90 kr/time.
Note! Summer course participants: add 700 kr to the term fee and get a term card for both groups.

Price List Spring term 2009



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
4-days Autumn Course, Full Board and Lodging	
- Participated in basic course (<i>price not set yet</i>)	
- Participated in summer course (<i>price not set yet</i>)	
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	
<i>All prices in SEK, except for Autumn Course (prices i Euro)</i>	



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	4200 kr
- Repetition	3200 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

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 required:

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

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

Please note the following:

- > Registration for the summer courses, the autumn course, the winter course and 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)

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