



European Zhineng Qigong Center

Newsletter November 2009

Hello Qigong friends! Here is some interesting reading for dark autumn days.

Summer Course

If this time of year feels cold, gray and sad, think about the Summer Courses. We learn something new each year and many felt that the Qifield was something special last summer. Nossebro was highly appreciated and will be the venue for the Summer Courses in 2010 too.

Winter Course

The upcoming winter course is held in Bollnäs as usual, but is moved to week 10. We continue with the new arrangement, which means that it is possible to practise for eight days straight in Bollnäs.

New Course Venues

There has been courses held in several new places this passed semester, for instance Trollhättan and Bodö. In Arvika we had a course in cooperation with the Asthma and Allergy Association in Arvika, Eda and Årjäng and another course is planned. In Norway the interest is growing and our course offering has increased. In Finland we held our first course in Finnish and this coming spring we have planned one more Finnish course in Helsinki.

Participating in the Qifield

The Qifield is the most important characteristic of Zhineng Qigong. The strength of the Qifield is also a result of our joint effort. Through the love and trust we have for the Qifield we can improve the effect we get from practising. A general rule within all Qigong is that one gets

better result through increased trust. As with everything else within Qigong, trust is something one can improve with practice.

Qigong on the Internet

For those of us who are curious on things we believe can improve our life quality, there is a large offering, especially on the Internet. There is a huge variety of methods, both Qigong and others. Also Zhineng Qigong offers many alternatives. It is important to understand that having one good method and one good teacher is sufficient. Even if there are many qualified methods and teachers, one should choose one of them. According to the principles of Qigong this will lead to better effects from practising.

Internet is a good source of information which can be of great use. Our homepage has a lot of positive information about our organization and the results of our students. Visit our webpage frequently and take part of the articles, course reports and the personal stories when you need inspiration. Unfortunately there is a lot of not so serious and misleading information about Qigong on the Internet. Many people promise much, but can they keep what they promise? It is hard to judge what is correct and what is not. How shall we relate to this information? One way is to not mind it at all. Our recommendation is to collect information about Qigong on our homepage, where we can guarantee the quality and the correctness.

We wish you a Merry Christmas and a Happy New Year!



Courses and Lectures Spring Term 2010



Month	Date	Hold Qi Up, Sweden	Hold Qi Up, outside Sweden	Shenxin Qigong	Lectures / Other courses
January	3-6	Gothenburg 4-days*			
	16-17		Nagu	Kungsängen	
	23-24		Helsinki		
	30-31		Hangö Kvinnherad	Kalmar	Stockholm, lecture 28/1, Fältöversten 18.30
February	6-7	Stockholm Helsingborg Ljungby	Oslo		
	13-14	Göteborg Bollnäs	Turku Hamar	Bergen	Bergen, Xiao Gongfa 13/2
	20-21	Trollhättan	Ekenäs Cambridge		
March	6-7		Trondheim Karis		
	7-8			Bollnäs	
	9-14			Bollnäs, Winter Course	
	13-14	Kvänum			Kvänum, Xiao Gongfa 13/3
	20-21		Bergen Mariehamn		
	27-28	Malmö Kungsängen Kalmar	Norwich Vasa Borgå		
April	10-11		Helsinki – in Finnish Kvinnherad	Stockholm	
	17-18	Lund Arvika	Köpenhamn	Helsinki Oslo	Oslo, Xiao Gongfa 17/4
	24-25	Gothenburg Stockholm	Trondheim LUQ2		Trondheim, Xiao Gongfa 24/4
	May	6-7			
	8-9		Bergen LUQ2		Stockholm Wei Tuo Jin
	22-23		Åbo LUQ2		Lund, Xiao Gongfa 26/5
	29-30	Stockholm LUQ2		Gothenburg	Gothenburg, Xiao Gongfa 29/5
June	28-7/7	Summer Course level 1			
July	7-15	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: Klockhusets Samlingssal*

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: Klockhusets Samlingssal*

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: Sabbatsbergsv. 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 19 pcs. 1.330 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 2010



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 times -> 2 days	600 kr
- Participated in basic course/drop in 20 times -> 1 day	400 kr
- Participated in Summer Course/project -> 2 days	300 kr
- Participated in Summer Course/project -> 1 day	250 kr
4 Day Autumn Course, Full Board and Lodging	
- Participated in basic course	410 euro
- Participated in Summer Course	370 euro
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	7180 kr
- Repetition level 1 or 2	5280 kr
Hold Qi Up 2	
First time participation	1600 kr
Repetition:	
- Participated in basic course/drop in 20 times	600 kr
- Participated in Summer Course/project	300 kr
- Participation 1 day: prices as in weekend course Hold Qi Up	
All prices in SEK, except for Autumn Course (prices in Euro)	



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	300 kr
Winter Course Shenxin Qigong	
Six day course, board and lodging not included	
- Participated in basic course Shenxin Qigong	4200 kr
- Repetition	3200 kr



Xiao Gongfa

Xiao Gongfa	
3 Hour course	
- First time participation	600 kr
- Repetition	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

*Courses outside Sweden are paid in the country's own currency.
Please contact your contact person for detailed price info.*

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: +46-8-590 933 13 (Lars) / +46-31-12 98 75 (Elisabeth)

The course fee is to be paid
2 weeks before the course.