



European Zhineng Qigong Center

Newsletter November 2010

Hello friends of Qigong! The past year has been a positive and exciting one. Next year, 2011, looks to be even more exciting. Read more here.

Summer Course Two 2011

Xing Shen Zhuang is the second step in Zhineng Qigong and will, with the support of our strong Qi-field, be taught in Summer Course two. Xing Shen Zhuang can help us deepen and strengthen our development of both our health and life functions as well as our higher abilities and powers. This is an important step to take for those who are serious about entering the world of Qigong. It is possible to directly reach the highest level of Qigong using this method.

According to the standard way of learning Zhineng Qigong, students should first learn and practise Hold Qi Up, Three Center Merge, etc. before learning Xing Shen Zhuang.

Millions of people have improved or recovered from serious diseases and difficult suffering by practising Hold Qi Up. The method is important for training your body and mind to be stronger and healthier and for developing wisdom and latent abilities.

Summer Course One 2011

Our earlier Summer Courses – level 1 and 2 – will be merged to a newly created course which corresponds to the first step in Zhineng Qigong. Many of the methods that have been taught in the two old courses plus some brand new things will be taught during this course.

Registering for the Summer Courses 2011

Anyone who is interested can join Summer Course one. In order to join Summer Course two 2011, a prerequisite is either Summer Course one 2011 or Summer Course Level 2 some other year. Participation in the Winter Course in Shenxin Qigong is recommended for all and a prerequisite for those who live in the

Nordic countries. Since the course is taught in Swedish, it is not required for others. Having participated in the Winter Course greatly improves your chances to get better results faster from step two.

Both Summer Course one and two 2011 are new courses. We suggest that you register soon, the number of places is limited.

The 4-day and Winter Course

This time Stockholm hosts the 4-day course on January 6-9. When winter is at its darkest we need to replenish our Qi. Su Dongyue will give a short lecture, give Qi regulation and organise the Qi-field.

As usual, the Winter Course is in Bollnäs on March 8-13, the basic course two days earlier. The Winter Course is growing in popularity and many have already registered. This year, those who have not joined the course earlier will take precedence over those who have.

The Summer Courses 2010

Many students found their way to Nossebro, which greeted us for the second consecutive year. We had eighteen calming and invigorating days with training, practice and companionship, all in a very strong Qi-field. During our almost 20 active years our Qi-field has through all our efforts, love and trust grown strong. This is one important reason why so many have had such good results – a fact the nearly 150 personal stories on our homepage bear witness to. It can also be seen in all the students who keep practising year after year. The 9 or 18 days of the Summer Course is for many a source of joy, inspiration and strength to carry with them for the rest of the year. Many were, e.g., deeply touched by the warmth and help several participants showed a physically disabled class mate.

Finally, enjoy the coming winter and have a MERRY CHRISTMAS and a HAPPY NEW YEAR!



Courses and Lectures Spring Term 2011



Month	Date	Hold Qi Up, Sweden	Hold Qi Up, Outside Sweden	Shenxin Qigong	Lectures / Other Courses
January	6-9	Stockholm, 4-days*			
	22-23		Bergen Karis, Mariehamn	Kungsängen	Stockholm, lecture 19/1
	29-30	Gothenburg	Bodö Nagu		
February	5-6	Stockholm Ljungby	Pargas		
	12-13	Lund	Trondheim Hamar Ekenäs		
	19-20	Kalmar	Kvinnherad		
	26-27		Hangö		
March	5-6	Kvänum			
	6-7			Bollnäs	
	8-13			Bollnäs Wintercourse	
	19-20		Turku		
	26-27	Kungsängen	Helsinki Vasa		Sthlm, Xiao Gongfa 24/3
April	2-3	Västerås Nybro HUU2	Norwich Borgå, Salo – Finnish	Bergen	Bergen, Xiao Gongfa 2/4
	9-10	Stockholm Gothenburg Bollnäs	Oslo		
	16-17	Malmö	Helsinki - Finnish		
	30-1/5			Trondheim	Trondheim, Xiao Go. 30/4
May	7-8		Helsinki HQU2	Stockholm	
	14-15			Gothenburg	Gothenburg Xiao Go. 14/5
	21-22		Bergen HQU2	Turku	
	28-29	Stockholm HQU2			
June	27-6/7	Summer Course one			
July	6-15	Summer Course two			

* 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: Birkagården*

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: Birkagården*

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

* Birkagården: Karlbergsvägen 86B

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.



Hold Qi Up

Price List Spring Term 2011



Shenxin Qigong

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 Finland, board and lodging incl.	
- Participated in basic course	410 euro
- Participated in Summer Course	370 euro
4 Day Autumn Course Norway, board and lodging not incl.	
- Participated in basic course	2650 Nok
- Participated in Summer Course	2210 Nok
4 Day Practice Course For those who have participated in a Summer Course or project	
- The whole course	2200 kr
- Per day (if places are available) Minimum 1.000:-	650 kr
9 Day Summer Course, Full Board and Lodging	
- First time participation in Summer Course one or two	7480 kr
- Summercourse one, participated in level 1 before	6580 kr
- Summercourse one, participated in level 2 before	5580 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	

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

*All prices in SEK except the Autumn Course.
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

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

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

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