



# NEWSLETTER

NOVEMBER  
2011



## XING SHEN ZHUANG A NEW FAVOURITE

The summer courses were a success as usual and our new exercise, xing shen zhuang, which was taught in summer course 2, quickly turned into a favourite for many.

This summer it was time to take a step up in our training and for the first time learn xing shen zhuang, the main exercise of the second step of the Zhineng Qigong school. It lets us practise relatively hard and is an important exercise for those who want to have a deeper understanding of Zhineng Qigong. Many experienced a real step forward in their training and had great health improvements.

Also the new concept of summer course 1, which was a combination of level 1 and level 2 of earlier years, was well received. Among other things, we learned the dun qiang method, which can relax the waist quickly, something which is important in all qigong practice and essential for the relaxation of the body.

Starting next year, we will learn new assisting ways that can be good for us. Some of these are based on traditional Chinese medicine, and some on Chinese tradition. Every summer course will offer different news. We will also go deeper into both hold qi up and xing shen zhuang year by year.

As usual, many new participants were positively surprised by the good atmosphere, all the friendly smiles and nice people. In our home page, under the heading course reports, you can read more about the courses and the improvements of the

participants.



### The qi-field

*The qi-field is the most important characteristic of the Zhineng Qigong school. Participating in the qi-field is essential for getting as much as possible out of Zhineng Qigong. Our qi-field, which we have been building since 1993, is getting increasingly stronger and better. For example the effect, power, gung fu, love, and the good information have increased significantly. All thanks to the effort, help, support, knowledge, love, gung fu and trust of all of us. Welcome to share our qi-field!*

## Upcoming courses

### The winter course

The winter course in shenxin qigong is one of our most popular courses. We practise much in this course and we usually get many good results. Shenxin qigong is a powerful exercise which is especially good in the winter when it is dark and cold. It is also important for those who want to advance in Zhineng Qigong.

As usual, we start with a basic course so that those who have never practised this exercise before can join the winter course. What is new for this year is that we, in conjunction with the winter course, arrange a day of xing shen zhuang practice for those who learned it this summer. So those who really like to

practise a lot have the opportunity to do so for a total of nine days this winter. Please observe that the winter course is arranged in week 8 in Karlskoga Folk High School. The basic course is arranged in the weekend of week 7.

### Summer course practice

During the Epiphany weekend we arrange our traditional summer course practice, which now is extended to five days. The last day is a practice day of xing shen zhuang for those who attended summer course 2 this summer. These days give us an opportunity to practise together in the qi-field, but it is also a chance to get help in correcting the postures. The better we can do our exercises, the greater are our chances to get good results from practising. The course is in Gothenburg.



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Month	Date	Sweden	Norway	Finland	Other countries
Jan	4-8	Gothenburg 5 days			
	7-8				Copenhagen
	14-15		Bodö SXQ+ XG		
	21-22			Salo (Finnish)	
	28-29	Gothenburg, Älmhult	Hamar, Bodö		
Feb	4-5			Pargas, Vasa, Mariehamn	
	11-12	Stockholm, Lund, Västerås	Trondheim	Hangö	
	18-19	Karlskoga SXQ			
	20-26	Karlskoga winter course			
March	3-4	Trollhättan, Nybro	Myre	Helsinki (Finnish)	Norwich
	10-11	Kvänum	Kvinnherad	Karis	
	17-18	Malmö, Gothenburg SXQ + XG		Turku	
	24-25	Stockholm SXQ	Oslo	Helsinki	
	31-1/4	Bollnäs		Ekenäs	
April	14-15	Stockholm	Trondheim SXQ	Vasa HQU2, Hangö SXQ	
	21-22	Gothenburg	Hamar SXQ	Borgå, Turku (Finnish)	
	28-29	Lidköping, Kalmar SXQ			
May	5-6	Stockholm HQU2			
	12-13			Helsinki SXQ	Copenhagen HQU2, Norwich HQU2
	26-27			Turku LUQ2	
June	25-4/7	Nossebro summer course step 1			
July	4-13	Nossebro summer course step 2			

The course type is hold qi up if none is given.

HQU2= Hold qi up 2

SXQ= Shenxin qigong

XG= Xiao gongfa

XSZ= Xing shen zhuang

## Weekly practice (w 2-22):

Drop in course hold qi up  
→ Both new and repeating participants

Practice group hold qi up  
→ Participated in a basic course or at least 20 drop-in

Practice group hold qi up  
→ Participated in summer course or project

Stockholm

Thursday, 18.00 – 19.00  
Location: Birkagården, Karlbergsv. 86 B

Wednesday, 18.00 – 20.00  
Location: Birkagården, Karlbergsv. 86 B

Tuesday, 18.00 – 20.00  
Location not clear

Gothenburg

Thursday, 12.00 – 13.00  
Location: Valhallabadet

Monday, 18.30 – 20.30  
Location: Södra aulan, Hvitfeldtska Gy

Wednesday, 19.00 – 21.00  
Location: Valhallabadet

Usually a lecture is held before each weekend course. Check our web page under lectures or contact us.

## 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, 2h:

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.



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## Hold qi up, basic course

First time participation:	
- Adult	1600 SEK
- Child under the age of 15	900 SEK
Repetition:	
- Participated in basic course/drop in 20 times, 2 d	600 SEK
- Participated in basic course/drop in 20 times, 1 d	400 SEK
- Participated in summer course, 2 days	300 SEK
- Participated in summer course, 1 day	250 SEK

## Hold qi up 2

First time participation		1600 SEK
- and participated in a summer course last year		800 SEK
Repetition:		
- Participated in basic course/drop in 20 times		600 SEK
- Participated in summer course		300 SEK
- Participation 1 day: prices as in weekend course hold qi up		

## 4 day autumn course, board and lodging incl.

- Participated in basic course	4330 NOK	410 EUR
- Participated in summer course	3900 NOK	370 EUR

## 9 Day Summer Course 1, board and lodging incl.

- First time participation in a summer course	7480 SEK
- Participated in summer course level 1 before	6580 SEK
- Participated in summer course level 1 and 2 before	5580 SEK

## 9 Day Summer Course 2, board and lodging incl.

- First time participation	7480 SEK
- Participated in summer course 2 before (2010)	5580 SEK

## Summer course practice 5 days

for those who have participated in a summer course. The last day only for those who participate in summer course 2, 2011.

- The whole course	2800 SEK
- Per day (if places are available). Minimum 1.300 kr	650 SEK

## 2-day practice course xing shen zhuang for those who participate in summer course 2, 2011.

- Participated in summer course 2 (2 days)	1200 SEK
- Participated in summer course 2 (1 day)	700 SEK

## Shenxin qigong, basic course

First time participation:	
- Adult	1600 SEK
- Child under the age of 15	900 SEK
Repetition:	
- Participated in basic course	600 SEK
- Participated in winter course shenxin qigong	300 SEK

## Winter course shenxin qigong

Board and lodging not included, 7 day option only for those who participated in summer course 2, 2011.

- Participated in basic course shenxin qigong	4200 SEK
- Repetition	3200 SEK
- 7 days, participated in basic course shenxin qigong	4800 SEK
- 7 days, repeating the winter course	3800 SEK

## Xiao gongfa

Three hour course

- First time participation	600 SEK
- Repetition	300 SEK

## Acupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:	
- Acupoint tuina & wei tuo jin	3750 SEK
- Wei tuo jin	1900 SEK
Repetition:	
- Only acupoint tuina	1200 SEK
- Only wei tuo jin	1200 SEK

All prices in SEK, except the autumn courses, which are in NOK and Euro. Note! Prices in SEK are valid for courses in Sweden only. All courses are paid in the country's own currency. Please check our web page 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 (regular, vegetarian or veg + 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 course

More information: [www.zhinengqigong.eu](http://www.zhinengqigong.eu)

Email: [info@zhinengqigong.eu](mailto:info@zhinengqigong.eu) or call: 08-590 933 13 (Lars) / 0762 -33 09 86 (Elisabeth)

The course fee is to be payed two weeks before the course.