



NEWSLETTER

DECEMBER
2014



SUCCESSFUL ANNIVERSARY!

Last summer in Nossebro we arranged our 9-day summer courses for the 20th consecutive year. Through the years, thousands of qigong enthusiasts from several countries have chosen to spend at least 9 days of their summer holidays with us. What is it that makes all these people prioritise our summer courses? One reason is our main teacher, Su Dongyue. Finding a good teacher has always been very important if one wants to develop and reach one's potential with the help of qigong. The teacher is also decisive for the strength and quality of the qi-field.

Our strong qi-field is one of the main reasons why so many come to the summer courses. It has been built up during the many years that the European Zhineng Qigong has been active in Sweden and other parts of the Nordic countries and is getting stronger every year. This year some participants who had not joined the course

for many years all stated that the qi-field was much stronger now than when they participated previously. The participants' understanding is also considerably higher today than before and many seize the qi-field's opportunities and possibilities to a much higher degree. A lot of training is done on the participants' own initiative and the harmony and serenity in the training hall have improved considerably. All this is

reflected in the results of those who join our 9-day courses. Despite the relatively short time we practise together many have impressive improvements, both physically and mentally

The social interaction of the courses are also an important factor. To get to meet so many happy and harmonious people in 9 or 18 days is very much appreciated. The atmosphere is very special, characterised by kindness and love for each other. Many expressed their gratitude or appreciation in the course evaluation. One participant wrote "The lectures from Su Dongyue have been so inspiring and I have received a lot of motivation and therefore been able to concentrate better during the training. I feel lots of gratitude for the qi-field and for Su Dongyue. Thank you for all the good information, organisation, kindness, care and love."

Upcoming Courses

At the time of writing, there are two Tuina / Wei tuo jin courses planned. One in Trondheim, December 4 to 7, and one in Kalmar, April 9 to 12 next year. We naturally also want to specifically mention both the summer course practice and the winter course. The former is held in central Stockholm, January 2 to 6. Days 1-4 are open for those who have attended one of our summer courses. If you have learned Xing shen zhuang in our Summer Course 2 you can participate in day 5. The Winter Course will again be held in Karlskoga, week 8. The basic course in Shenxin on Feb. 14 to 15 directly followed by the Winter Course, 6 or 7 days. The seventh day is only open to those who have learned Xing shen zhuang with us. And lastly we wish you a Merry Christmas and a Happy New Year!



The Qi-field

Our qi-field keeps getting better and better, stronger and finer. For those of you who practise Zhineng Qigong, the qi-field is very crucial to the results you can achieve. It is primarily the teacher's gong fu that determines how good the qi-field of the Zhineng Qigong school is. A worse qi-field reduces the chances of good effects. It may even be that no matter how much you practise, you can not achieve certain results. If the qi-field is not good enough, it becomes impossible to get to where you want. In order to give yourself the best chances of success with Zhineng Qigong should choose as good a qi-field as possible. This will save you both time and money.



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Month	Date	Sweden	Norway	Finland	Other countries
Jan	10-11	Gothenburg			
	17-18				
	24-25		Bergen	Porvoo	
Feb	31-1	Stockholm	Oslo Bodö		
	7-8	Nybro			
	14-15	Karlskoga SXQ		Vaasa	
	16-22	Karlskoga winter course			
	21-22				Norwich
March	28-1		Trondheim		
	7-8	Lidköping	Bergen SXQ	Helsinki (Finnish)	
	14-15	Lund Stockholm SXQ Gothenburg SXQ Gothenburg XG		Ekenäs	
	21-22	Bollnäs	Kvinnherad Bodö SXQ	Kasnäs	
	28-29			Helsinki	
April	4-5				
	9-10	Kalmar WTJ			
	11-12	Ystad	Trondheim SXQ		
	18-19	Lund SXQ		Turku (Finnish)	
	25-26	Stockholm Gothenburg HUQ2		Helsinki HQU2	
	May	2-3			
9-10		Stockholm LUQ2	Oslo SXQ	Turku SXQ	
16-17		Gothenburg			
23-24					
30-31					

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

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

WTJ=Wei tuo jin



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Weekly practice (week 2-22):

Practice group HQU

→ Participated in a basic course

Practice group HQU

→ Participated in summer course or project

Practice group SXQ

→ Participated in a basic course shenxin qigong

Practice group XSZ

→ Participated in summer course two 2011 or later

Stockholm

Wednesday, 6 p.m. – 8 p.m.

Location: Birkagården, Karlbergsvägen 86 B

Tuesday, 6 p.m. – 8 p.m.

Location: Södergården, Götgatan 37

Wednesday, 8 p.m. – 9 p.m.

Location: Birkagården, Karlbergsvägen 86 B

Tuesday, 8 p.m. – 9 p.m.

Location: Södergården, Götgatan 37

Gothenburg

Monday, 6.30 p.m. – 8.30 p.m.

Location: Southern building, Hvitfedtska Gymnasiet

Wednesday, 7 p.m. – 9 p.m.

Location: Villa Överås, Danska vägen 20, Örgryte

Monday, 8.30 p.m. – 9.30 p.m.

Location: Southern building, Hvitfedtska Gymnasiet

Monday, 8.30 p.m. – 9.30 p.m.

Location: Villa Överås, Danska vägen 20, Örgryte

Group practice fees	term card (21 pcs)	10 card	per time
Drop in courses:			
- New participants	-	700 SEK	80 SEK
- Participated in basic course	-	500 SEK	60 SEK
- Participated in summer course	-	350 SEK	40 SEK
Practice group HQU 2h	1680 SEK	1000 SEK	120 SEK
- Summer course participants, add 800 kr to the term fee and get a term card for both groups.			
Practice group SXQ, 1h	840 SEK	500 SEK	60 SEK
Practice group XSZ, 1h	840 SEK	500 SEK	60 SEK

Hold qi up, basic course

First time participation:

- Adult	1800 SEK
- Child under the age of 15	1100 SEK

Repetition:

- Participated in basic course, 2 days	800 SEK
- Participated in basic course, 1 day	550 SEK
- Participated in summer course, 2 days	500 SEK
- Participated in summer course, 1 day	350 SEK

Hold qi up 2

First time participation	1800 SEK
- and participated in a summer course last year	900 SEK

Repetition:

- Participated in basic course	800 SEK
- Participated in summer course	500 SEK
- Participation 1 day: prices as in basic course hold qi up	

9 Day Summer Course 1, board and lodging incl.

- First time participation in a summer course	8280 SEK
- Participated in summer course level 1 before 2011	7380 SEK
- Participated in summer course step one 1 2011 or later	6380 SEK
- Participated in summer course level 2 before	6380 SEK

9 Day Summer Course 2, board and lodging incl.

- First time participation	8280 SEK
- Participated in summer course 2 before (2011 or later)	6380 SEK

4 day autumn course, board and lodging incl.

- Participated in basic course	450 EUR
- Participated in summer course	410 EUR



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Shenxin qigong, basic course

First time participation:

- Adult	1800 SEK
- Child under the age of 15	1100 SEK

Repetition:

- Participated in basic course	800 SEK
- Participated in winter course shenxin qigong	500 SEK

Winter course shenxin qigong

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

- 6 days, participated in basic course shenxin qigong	4200 SEK
- 6 days, repeating the winter course	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	700 SEK
- Repetition	400 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 or later.

- 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 or later.

- Participated in summer course 2 (2 days)	1400 SEK
- Participated in summer course 2 (1 day)	800 SEK

Acupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:

- Acupoint tuina & wei tuo jin	4150 SEK
- Wei tuo jin	2100 SEK

Repetition:

- Both tuina and wei tuo jin	2400 SEK
- Only acupoint tuina	1400 SEK
- Only wei tuo jin	1400 SEK

All prices in SEK, except the autumn courses, which are in 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 of the course fee.

Payments within Sweden to our account:
BG 862-0171

International payments:

IBAN SE02 8000 0832 7992 3432 8616
BIC: SWEDSESS

Please note the following:

- The course fee is to be paid no later than two weeks before the course.
- Registration for the summer courses, the autumn and winter courses and tuina & wei tuo jin: Payment of 1000 kr, or the entire course fee.
- For the summer courses state diet when paying the fee (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 course.



More information: www.zhinengqigong.eu

Email: info@zhinengqigong.eu or

call: +46-8-590 933 13 (Lars) / +46-704 738 287 (Elisabeth)