



NEWSLETTER

NOVEMBER
2015



THE BEST SUMMER COURSE SO FAR

This was the best summer course so far! This is something we hear our students say every year, and this summer was no exception. As more people practise continuously, and increase their gong fu, the participants' understanding and inner calm improve. The increased calm is noticed in our courses, there is a silence and calm that you can hardly believe is possible with 150 people in the same place simultaneously. All those who attend their first summer course are affected by this and get calm themselves. The qi field keeps getting stronger and more refined.

The qi field is the most important characteristic of Zhineng Qigong and not seldom crucial for whether the students will get good results or not. All our students' collective effort, love, wishes and good information throughout the years have contributed to the qi field we have today. But our teacher Su Dongyue's long and deep experience and his gong fu is the strongest contributing factor to the strength and quality of our qi field. Of all the Zhineng Qigong teachers still active today, Su Dongyue is the one who has been active the longest. He is a professional qigong teacher and was earlier the head of the medical department of Huaxia Zhineng Qigong Training Center. Before the center was created in China, he was part of the small group of a handful of people who, together with Pang Ming, spread Zhineng Qigong in China. After his time in China, he started our organisation in Sweden in the beginning of the 1990s, an organisation which he still leads.

The course evaluation showed that 90% of the participants were satisfied (29%) or very satisfied (61%) with the course, and 95% said it was likely (11%) or very likely (84%) that they would recommend us to a friend or relative.

Courses

This fall we introduced a new course, the Winter Course Practice, a three day practise course for those who have participated in our winter course. The course was held in Stockholm in November and was well received and saw many participants. Some highlights from the course schedule for the end of this year: the autumn course in Bergen on December 3-6 and Tuina/Wei Tuo Jin in Gothenburg on December 10-13. And for the spring: Summer Course Practice on January 2-6 in Gothenburg, the Winter Course on February 20-28 in Karlskoga, and Tuina/Wei Tuo Jin in Oslo on May 26-29.

Merry Christmas and Happy New Year!



Training Trip to Spain on April 23-30

A group of Zhineng Qigong practitioners will travel to Almunecar for our combined training and vacation trip. The city of Almunecar, situated on Spain's Costa del Sol, was founded already in the 8th century BC by the Phoenicians. Until this day many various cultures have ruled the city. This can be seen in the city's rich cultural heritage. We will stay at a nice hotel with half board, right by the Mediterranean, eat well and practise together around 5 hours each day. One of the days we visit Alhambra, the most visited tourist site in Spain, which is also on UN's world heritage list. If you too want to join us, please get in touch and we will check if we can arrange more rooms in our hotel. You must have learned Hold Qi Up in one of our courses in order to join this trip. Please read more under [News in our home-page](#).



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Month	Date	Sweden	Norway	Finland	Other countries
Jan	2-6	Summer course practice Gbg			
	9-10				
	16-17	Gothenburg			
	23-24		Bergen		
	30-31		Oslo	Karis SXQ	
Feb	6-7	Sthlm Nybro Lidköping			
	13-14	Bollnäs	Trondheim	Åbo Vasa	
	20-21	Karlskoga SXQ			
	22-28	Karlskoga winter course			
	27-28				Norwich
Mars	5-6		Bodö		
	12-13	Ljungkile	Kvinnherad	Mariehamn Helsinki	
	19	Gothenburg XG			
	19-20	Kalmar HQU2 Gothenburg SXQ		Hangö	
	26-27				
April	2-3	Sthlm SXQ			
	9-10	Lund	Bergen SXQ	Borgå Pargas HQU2	
	16-17	Sthlm, Gothenburg			
	23-24		Trondheim SXQ		
	30-1/5				
Maj	7-8				
	14-15	Sthlm HQU2			
	21-22	Gothenburg HQU2 Ystad			
	26-29		Oslo Tuina/WTJ		
	28-29		Oslo WTJ		
Juni	27-6/7	Summer course 1			
Juli	6-15	Summer course 2			

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: Birkagården, Karlbergsvägen 86 B

Gothenburg

Monday, 6.30 p.m. – 8.30 p.m.

Location: Södra byggnaden Hvitfeldtska Gymnasiet

Wednesday, 6.30 p.m. – 8.30 p.m.

Location: Villa Överås, Danska vägen 20, Örgryte

Monday, 8.30 p.m. – 9.30 p.m.

Location: Södra byggnaden Hvitfeldtska Gymnasiet

Wednesday, 8.30 p.m. – 9.30 p.m.

Lokal: Villa Överås, Danska vägen 20, Örgryte

Group practice fees	terminskort (20 ggr)	10-kort	per tillfälle
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, 1 h	840 SEK	500 SEK	60 SEK
Practice group XSZ, 1 h	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

Xiao gongfa

Three hour course

- First time participation	700 SEK
- Repetition	400 SEK



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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

Whinter 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

Winter course practice 3 days

for those who have participated in a winter course

- The whole course	1800 SEK
- Per day (if places are available). Minimum 1.300 kr	650 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

Akupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:

- Akupunkt tuina & wei tuo jin	4150 SEK
- Wei tuo jin	2400 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)