



# NEWSLETTER

NOVEMBER  
2016



## GOOD LUCK TO HAVE THE CHANCE TO JOIN NEXT YEAR'S SUMMER COURSES IN NOSSEBRO

Earlier this summer, our summer course level one ended up fully booked, with about 200 participants joining our strong qi-field for nine days of Zhineng Qigong training, while about 150 participants joined our summer course level two. Many participants have felt that every last summer course has been the best ever. Our qi-field is growing stronger year after year, as does the results of our participants. This progress has been attained together by Su Dongyue, all the teachers, and participants. In our qi-field, many participants experience kindness, happiness, and harmony.

The course registration is now open on our website. Also next summer we will be in Nossebro. We recommend everyone to join both courses for 18 days to get the best results.

### Upcoming Courses

After the first day of the Summer Course Training in Stockholm, on January 4, 16:15–17:30, Su Dongyue will teach his newly developed method of EasyCare for eyes. This course price is 500 SEK for those who have attended a summer course, and 700 SEK for others who have attended any of our other courses. This method is the second in

the family of EasyCare, the first one being the Qi-Comb method. The primary aims of this method are healthy and beautiful eyes.

The Summer Course Training takes part 4-8 of January and is for you who have joined 9-days summer course with us. The last day, January 8 is only open for those who have learned Xing Shen Zhuang from us.

The Winter course is as usual arranged during week 8, at Karlskoga Folk high school. The Winter course is next to the Summer courses our most popular course and you can join for 6, 7, 8, or 9 days. In connection to the Winter course, a Qi-comb course and a Xiao Gongfa course will also be held.

Courses in Tuina and Wei Tou Jin will be held in Bergen on March 23-26 and in Stockholm on May 25-28. In Spanish Almunecar, we will arrange a Hold Qi Up course over three days, on January 27-29. The training course April 22-29 is almost fully booked, but there could be a few more places if you want to join.

See the course schedule on our [website](#) to sign up for our courses. MERRY CHRISTMAS and A HAPPY NEW YEAR!





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Month	Date	Sweden	Norway	Finland	Other countries
Jan	4	Easy Care eyes			
	4-8	Summer course training Sthlm			
	14-15		Ålesund		
	21-22	Gothenburg		Turku SXQ	
	27-29				Almuñécar
	28-29		Bergen		
Feb	4-5	Stockholm Kalmar	Bodö	Turku	
	18-19	Karlskoga SXQ Bollnäs			
	18	Karlskoga XG			
	19-26	Karlskoga Winter course			
March	4-5		Trondheim		
	11		Oslo XG		
	11-12		Oslo		
	17	Gothenburg XG			
	18-19	Stockholm HQU2 Gothenburg SXQ		Mariehamn Helsinki	
	23-26		Bergen Tunia/WTJ		
	25-26	Västerås Lund	Bergen WTJ	Ekenäs	
April	1-2	Stockholm Gothenburg			Norwich
	8-9			Vasa	
	29-30	Nybro HQU2			
May	6-7	Ystad Ljungskile	Trondheim	Karis HQU2	
	13-14	Stockholm SXQ Gothenburg HQU2			
	25-28	Stockholm Tuina/WTJ			
	27-28	Stockholm WTJ			
June	26-5/7	Summer course 1			
July	5-14	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: Södergården, Götgatan 37

### Gothenburg

Monday, 6.30 p.m. – 8.30 p.m.  
Location: Southern building, Hvitfedtska 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: 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	2100 kr	1200 kr	140 kr
- Summer course participants, add 1300 kr to the term fee and get a term card for both groups.			
Practice group SXQ, 1h	1050 kr	600 kr	70 kr
Practice group XSZ, 1h	1050 kr	600 kr	70 kr

## Hold qi up, basic course

First time participation:	
- Adult	1800 kr
- Child under the age of 15	1100 kr
Repetition:	
- Participated in basic course, 2 days	800 kr
- Participated in basic course, 1 day	550 kr
- Participated in summer course, 2 days	500 kr
- Participated in summer course, 1 day	350 kr

## Hold qi up 2

First time participation	1800 kr
- and participated in a summer course last year	900 kr
Repetition:	
- Participated in basic course	800 kr
- Participated in summer course	500 kr
- 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 kr
- Participated in summer course level 1 before 2011	7380 kr
- Participated in summer course step one 1 2011 or later	6380 kr
- Participated in summer course level 2 before	6380 kr

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

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

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

- see the course schedule for the respective country	
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## Xiao gongfa Three hour course

- First time participation	700 kr
- Repetition	400 kr



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## Shenxin qigong, basic course

First time participation:

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

Repetition:

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

## 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	4800 kr
- 6 days, repeating the winter course	3800 kr
- 7 days, participated in basic course shenxin qigong	5500 kr
- 7 days, repeating the winter course	4500 kr

## Winter course practice 3 days

for those who have participated in a winter course

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

## 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 kr
- Participated in summer course 2 (1 day)	800 kr

## Acupoint tuina & wei tuo jin

Board and lodging not included. WTJ required for tuina.

First time participation:

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

Repetition:

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

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](http://www.zhinengqigong.eu)

Email: [info@zhinengqigong.eu](mailto:info@zhinengqigong.eu) or

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