



NEWSLETTER

NOVEMBER
2018



SUMMER COURSES 2017 - CALM, JOY AND HARMONY

Great peace and harmony characterized this year's Summer courses, with nearly 250 people living together for nine or eighteen days. Several of those who have been with us for many years expressed that this was the most peaceful Summer course so far. The fact that an increasing number of people have been training for a long time, together with their deeper understanding and increased inner calm, contribute to this. The influence of the qi-field cannot be underestimated. Our increasingly strong and finer qi-field is of great importance.



“Well organized” is another phrase used when participants evaluate our Summer courses. We feel great gratitude to everyone who in different ways contribute to the strong and beautiful experience that a Summer course usually means. The social experience, meeting so many happy and peaceful people is highly appreciated, and something not commonly found elsewhere.

“Thanks to all those who are so kind and helpful and friendly. The kindness we experience here is a wonderful feeling; it is great to come here. There is so much love. I'm so happy for it!”

“Gratitude, love, widening views.”

“It's a privilege to be here. I wish that all people on earth could be able to participate in such a context.”

Dongyue Su to Gothenburg

Dongyue Su will give a lecture and lead the course EasyCare for the Eyes, in Gothenburg in conjunction with the Summer course training there, 3-7 January. Many will want to take part, so if you want to join, please do not wait to sign up.

The Winter course is held traditionally week 8 at Karlskoga Folkhögskola (Folk high school). First, a basic course is given in Shenxin Qigong, which is then directly followed by the Winter course itself, 6 or 7 days. This year, we also offer the opportunity to participate in both EasyCare for the eyes and EasyCare Qi-comb courses.

For those of you who want to repeat and practice Xing Shen Zhuang, the last days of both the Summer course training and the Winter course are reserved for this.

The rooms for our third trip to Spanish Almuñécar were quickly booked. We had originally booked 35 rooms but managed to get a few more, as more people wanted to join. There are now 44 participants traveling to Almuñécar the last week in April.

During spring there are two Tuina/Weituo Jin courses planned, one in Norwegian Bergen 15-18 March, and the second in Finland, at Lärkkulla in Karis 10-13 May.

We wish you a Merry Christmas and a Happy New Year!





COURSES SPRING 2018

Month	Date	Sweden	Finland	Norway	Other countries
Jan	3	Gbg EasyCare Eyes			
	3-7	Gbg Summer course training			
	20-21	Gothenburg		Gran	
	27-28			Bergen	
Feb	3-4	Stockholm Kalmar Alingsås	Ekenäs		
	10-11			Ålesund Trondheim	
	17	Karlskoga EasyCare Eyes			
	17-18	Karlskoga SXQ			Almuñécar
	18-25	Karlskoga Winter course			
	24-25	Bollnäs			
March	3-4	Gothenburg	Helsinki	Oslo	
	10-11	Västerås	Mariehamn	Bodö SXQ	
	15-18			Bergen Tuina/WTJ	
	17-18	Nybro SXQ Lund	Vaasa	Bergen WTJ	Norwich
April	14-15	Gothenburg SXQ Stockholm SXQ	Turku		
	21-22	Ystad			
	21-29				Almuñécar
May	5-6	Stockholm Ljungskile			
	10-13		Karis Tuina/WTJ		
	12-13		Karis WTJ		
	19-20	Stockholm LUQ2			
	26-27	Gothenburg LUQ2			
June	25-4/7	Summer course one			
July	4-13	Summer course two			

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 non is given.

HQU2= Hold Qi Up 2
SXQ= Shenxin Qigong

XSZ= Xing Shen Zhuang
WTJ = Weituo Jin



Please note the following:

- 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.
- For children under the age of 15 to join a parent or other guardian is also required to join the course.