



NEWSLETTER

NOVEMBER
2018



LOVING AND WELCOMING

"I've become fond of all the people I've met here. Everyone you meet, you get so much love from, and when you go to bed here at night you really feel that people like you." This is what a first-time participant in our 9-days course this summer said as feedback at the end of the course. Many participants agree with this feedback. Another wrote: "The atmosphere and environment has been so amazing and beautiful. Nowhere have I experienced anything like it. My heart feels so open and I'm very happy. My body feels healed." Another participant wrote: "It feels as if I've died and woken up in heaven. I have experienced kindness like nowhere else. I've been to many courses and seminars, and many spiritual gatherings, but I haven't had this sense of community or felt kindness, support and discipline and integrity the

way I do here. It is truly remarkable. It is something very special. We are in the qi-field."



Reviews of our Summer Courses, held for the 24th consecutive year in 2018, were overwhelmingly positive. The approximately 250 people who participated, for 9 or 18 days, expressed great gratitude afterwards. Read more in the course reports. [Click here](#) for the report from Summer Course one and [click here](#) for Summer Course two.

As more students have practiced for a long time, the understanding of the qi-field increases while the qi-field

becomes stronger and stronger, finer and finer. This in turn gives everyone a greater chance of reaching the results they wish to get out of the course and the training. More and more people realise what gift it is to learn directly from our teacher Su Dongyue and to be in his qi-field.

We have had two well appreciated Autumn Courses this year, one in Finland and one in Norway. In Norway, the course was held for the first time in Oslo, which attracted many extra people to the course. The Winter Course training was held in Stockholm with more participants than before.

2019 begins with Summer Training in Stockholm 2-6 January. In connection with that, Dongyue will also hold an EasyCare Eye Course, January 3. This spring we will host a course in Tuina / Weituo Jin, both in Gothenburg and in Stockholm. As usual we will arrange the Winter Course in mid-February 2019. Many are already registered for the course, in Karlskoga. Like last year, you can also participate in an EasyCare Eye as well as an EasyCare Comb course in conjunction with the Winter Course. We also have our training trip to Spain in April, and there are still a few places left.

Interest in our courses is growing all the time, especially our longer courses where we practice more. We advise, therefore, not to delay your registration for too long as your desired course may be full.

We wish you all a really Merry Christmas and a Happy New Year with a lot of qi.





COURSES SPRING 2019

Månad	Datum	Sverige	Finland	Norge	Övriga länder
Jan	2-6	Sthlm Summer Course training			
	3	Sthlm EasyCare Eyes			
	19-20	Stockholm SXQ		Bodø SXQ	
	26-27	Gothenburg SXQ Bollnäs		Oslo	
Feb	2-3	Stockholm Alingsås	Ekenäs	Bergen	
	15-17				Almuñécar
	16-17	Karlskoga SXQ Gothenburg			
	16	Karlskoga EasyCare Eyes			
	17-24	Karlskoga Winter Course			
March	9-10		Vasa SXQ	Trondheim Oslo	
	16-17	Kalmar Örebro Stockholm LUQ2	Helsinki	Ålesund	
	23-24	Lund		Bergen HQU2	Norwich
	30-31	Västerås Stockholm	Mariehamn		
April	6-7		Pargas HQU2		
	13-14		Turku		
	27-4/5				Almuñécar Training trip
May	2-5	Gothenburg Tuina & WTJ			
	4-5	Nybro SXQ Gothenburg WTJ		Oslo HQU2	
	11-12	Ystad			
	25-26	Gothenburg HQU2		Gran	
	30-2/6	Stockholm Tuina & WTJ			
June	1-2	Stockholm WTJ			
	8-9	Gothenburg			
	24-3/7	Summer Course one			
July	3-12	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.