



NEWSLETTER

NOVEMBER
2019



THE SUMMER COURSE – 25TH ANNIVERSARY WITH HARMONY AS A THEME

Harmony was the theme for this year's Summer Course. An important objective with our exercises is to achieve a better and more harmonious life. To obtain that, one needs a healthier and stronger physical state, a calmer and more enlightened mind and more qi. This is the aim of all our activities during the Summer Course: the instruction, the training but also all the other arrangements. The general ambience is far from what many of us are used to. The love, the warmth and the joy in our qi-field mean a great deal to all. Also the feeling of belonging is important for many. Here, there is space for everybody and you can feel that you are accepted the way you are.



This year was a jubilee year. It was the 25th consecutive year that we arranged our nine day courses, which are the most popular courses we offer. Especially for the jubilee our teacher Dongyue Su had created calligraphy. It showed the Chinese character for harmony and was very much appreciated.

The importance of the qi-field for the popularity of the Summer Courses and the good results it produces every year cannot be sufficiently stressed. A strong and fine qi-field can be the determining factor for achieving the effects you desire. In a good qi-field the results can come much quicker than otherwise. If you participate in both step one and step two of our Summer Course, you have the greatest chance of getting the best result from our qi-field. This follows both the principles of Qigong and our experience for many years. The

qi-field is the most important feature of the Zhineng Qigong school and its strength and quality is mostly determined by the teacher's Gongfu and all of efforts and love from teachers and students. On level one 2020 we will continue to learn Hold Qi Up. On level two we will teach a new, walking Qigong exercise that builds a good base for learning coming steps in Zhineng Qigong.

Next year

For those who want to practice in the qi-field, there is much to look forward to in 2020. The year starts traditionally with the Summer Course Training, this time in Gothenburg. You can also attend an EasyCare eyes course then. The winter course is as usual week 8, in Karlskoga. Together with the Winter Course we also arrange an EasyCare comb course and an EasyCare eyes course.

Our training trip to the Spanish solar coast in the end of April and beginning of May celebrates 5-year anniversary, there are places left for those who want to go. In May we also have two Tuina/Weituo Jin courses; in Stockholm and in Tvååker outside Varberg.

More and more people understand the importance of the qi-field and its importance for our results of our training. Interest in our courses is increasing, not least our different training courses. Register for the course well in advance to you will know that you will be accommodated.

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





COURSES SPRING 2020

Month	Date	Sweden	Finland	Norge	Other Countries
Jan	2-6	Gothenburg Summer Course Training			
	4	Gothenburg EasyCare Eyes			
	18-19	Stockholm SXQ			
	25-26	Kalmar Gothenburg			
Feb	1-2	Stockholm Alingsås	Ekenäs	Bodø SXQ	
	8-9	Västerås			
	15-16	Karlskoga SXQ			
	15	Karlskoga EasyCare Eyes			
	17-22	Karlskoga Winter Course SXQ			
	19	Karlskoga EasyCare Comb			
	29/2 - 1/3	Gothenburg HQU2			
March	14-15		Helsinki Vasa	Ålesund Trondheim	
	21-22	Vallda Bollnäs		Bergen	
	28-29	Stockholm HQU2 Ljungskile Kalmar SXQ	Turku	Osen	
April	4-5	Gothenburg	Helsinki SXQ	Gran	
	18-19	Lund			
	25-26			Bergen HQU2	
	25/4 - 2/5				Almuñécar
May	2-3	Stockholm			
	7-10	Tvååker Tuina & WTJ			
	16-17	Ystad			Norwich
	21-24	Stockholm Tuina & WTJ			
	30-31	Gothenburg SXQ			
June	22/6 - 1/7	Nossebro Summer Course one			
July	1/7 - 10/7	Nossebro 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.