



NEWSLETTER

MAY 2011



NEW COURSES IN XING SHEN ZHUANG

Many look forward to learning Xing Shen Zhuang, the second step of Zhineng Qigong, in this year's Summer Course 2. We update the contents of the summer courses, add a new course type in the autumn and extend our four day practice course in January with one day.

The content of this year's summer courses will be extended to encompass both the first and second step of Zhineng Qigong. With the support of our strong Qi-field, we can look forward to the new Summer Course 2 where we will learn Xing Shen Zhuang – the second step of Zhineng Qigong. In Zhineng Qigong we mainly use dynamic methods. The most important, the core of the dynamic methods is Xing Shen Zhuang. The prerequisite for this course is an earlier Summer Course Level 2, or Summer Course 1 in 2011.

Our earlier summer courses – level 1 and level 2 – are combined into a newly created course: Summer Course 1, which corresponds to the first step of Zhineng Qigong. This course now contains many of the methods we have taught in both of the earlier courses, but also some new content will be added. All are welcome to join this course. Don't hesitate to register, though: the course will soon be fully booked.

For those who learn Xing Shen Zhuang there will be a practice weekend in Stockholm in the beginning of October. Furthermore, there will be an extra day added to our traditional 4-day course in Gothenburg, on the Epiphany weekend, 2012. We will change the name of this course to Summer Course Practice. The first four days of this course are open to all who have joined a summer course, but the last day is open only to those who have learned Xing Shen Zhuang.

We bid you warmly welcome to this summer's exciting courses and wish you all a pleasant summer!



New Winter Course Venue

This year's Winter Course was held for the tenth time in Bollnäs in the beginning of March. Many have enjoyed our courses in the beautifully situated school in Bollnäs over the years. This year the course beat a record. All of 110 participants came to join our strong Qi-field and the results were good. One participant's legs are now of equal length. Another got rid of gallstones. Read more about the results in the course report. Next year's Winter Course will be in Karlskoga, week 8. There we can offer accommodation in single, double and larger rooms.



Autumn Courses in Finland and Norway

Our four-day autumn course is already a tradition in Finland, and will certainly be one in Norway too, where we held our first autumn course in last November. The autumn course is a four day long practice course open to anyone who has joined a basic course in Hold Qi Up. The autumn course has the same format as the summer courses, which means that we live together and practise professionally for four days.

In Finland the autumn course will be held exceptionally late on December 3-6. In Norway the course is planned for November 3-6. Welcome to join our courses!





NEWSLETTER MAY 2011

Courses and Lectures Autumn Term 2011

Month	Date	Sweden	Norway	Finland	Other countries
June	27-6/7	Nossebro Summer Course 1			
July	6-15	Nossebro Summer Course 2			
August	20-21			Karis	
September	3-4	Gothenburg		Hangö	
	10-11	Västerås	Trondheim		
	17-18	Stockholm Trollhättan Bäck	Hamar Bergen	Pargas	
	24-25	Lund	Bodö	Mariehamn Salo (in Finnish)	
October	1-2	Stockholm Practice XSZ			
	8-9	Kvänum	Bergen SXQ+XG	Helsinki	
	15-16	Kungsängen	Myre	Nagu	Norwich
	22-23	Kalmar Gothenburg SXQ+XG		Ekenäs Borgå	
	29-30	Malmö Stockholm	Oslo	Turku	
November	3-6		Bergen Autumn Course		
	5-6			Vasa Hangö HQU2	
	12-13	Bollnäs Stockholm SXQ Gothenburg HQU2		Helsinki (in Finnish)	
	19-20		Hamar HQU2 Kvinnherad	Turku (in Finnish)	Cambridge
	26-27	Stockholm LUQ2	Trondheim SXQ+XG		
December	3-4	Gothenburg			
	3-6			Pargas Autumn Course	
	10-11		Bergen HQU2		
January	4-8	Gbg Summer Course Practice			

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

Weekly Practice (w 32-50):

Drop In Course Hold Qi Up
→ Both new and repeating participants

Practice Group Hold Qi Up
→ Participated in a basic course or at least 20 drop-in

Practice Group Hold Qi Up
→ Participated in Summer Course or project

Stockholm

Thursday, 18.00 - 19.00
Location: Birkagården, Karlbergsv. 86 B

Wednesday, 18.00 - 20.00
Location: Birkagården, Karlbergsv. 86 B

Tuesday, 18.00 - 20.00
Location not clear

Gothenburg

Thursday, 12.00 - 13.00
Location: Valhallabadet

Monday, 18.30 - 20.30
Location: Södra aulan, Hvitfeldtska Gy

Wednesday, 19.00 - 21.00
Location: Valhallabadet

Usually a lecture is held before each weekend course. Check our web page under lectures or contact us.

Group Practice Fees

Drop In Courses:

New participants 10 card 700 kr, or 80 kr/time.
Participated in basic course, 10 card 500 kr, or 60 kr/time.
Participated in Summer Course, 10 card 350 kr, or 40 kr/time.

Practice Group Hold Qi Up, 2h:

Term card 19 pcs. 1.330 kr,
10 card 800 kr, or 90 kr/time.
Note! Summer Course participants, add 700 kr to the term fee and get a term card for both groups.



NEWSLETTER MAY 2011

Hold Qi Up, Basic Course

First time participation:

- Adult	1600 SEK
- Child under the age of 15	900 SEK

Repetition:

- Participated in basic course/drop in 20 times, 2 d	600 SEK
- Participated in basic course/drop in 20 times, 1 d	400 SEK
- Participated in Summer Course, 2 days	300 SEK
- Participated in Summer Course, 1 day	250 SEK

Hold Qi Up 2

First time participation	1600 SEK
- and participated in a Summer Course last year	800 SEK

Repetition:

- Participated in basic course/drop in 20 times	600 SEK
- Participated in Summer Course	300 SEK
- Participation 1 day: prices as in weekend course Hold Qi Up	

4 Day Autumn Course, board and lodging incl.

- Participated in basic course	4330 NOK	410 EUR
- Participated in Summer Course	3900 NOK	370 EUR

9 Day Summer Course 1, board and lodging incl.

- First time participation in a Summer Course	7480 SEK
- Participated in Summer Course level 1 before	6580 SEK
- Participated in Summer Course level 1 and 2 before	5580 SEK

9 Day Summer Course 2, board and lodging incl.

First time participation	7480 SEK
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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

- 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

- Participated in Summer Course 2 (2 days)	1200 SEK
- Participated in Summer Course 2 (1 day)	700 SEK

Shenxin Qigong, Basic Course

First time participation:

- Adult	1600 SEK
- Child under the age of 15	900 SEK

Repetition:

- Participated in basic course	600 SEK
- Participated in Winter Course Shenxin Qigong	300 SEK

Winter Course Shenxin Qigong

Six day course, board and lodging not included

- Participated in Basic Course Shenxin Qigong	4200 SEK
- Repetition	3200 SEK

Xiao Gongfa

Three hour course

- First time participation	600 SEK
- Repetition	300 SEK

Acupoint Tuina & Wei Tuo Jin

Board and lodging not included. WTJ required for Tuina.

First time participation:

- Acupoint Tuina & Wei Tuo Jin	3750 SEK
- Wei Tuo Jin	1900 SEK

Repetition:

- Only Acupoint Tuina	1200 SEK
- Only Wei Tuo Jin	1200 SEK

All prices in SEK, except the Autumn Courses, which are in NOK and 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 to Plusgiro 612 09 45-8 (Sweden)

For payments from outside Sweden, the following information is required:

Plusgiro 612 09 45-8 i Nordea Bank Sweden, 105 71 Stockholm.

IBAN: SE31 9500 0099 6018 6120 9458 / BIC: NDEASESS

Please note the following:

- Registration for the Summer Courses, the Autumn Course, the Winter Course and Tuina & Wei Tuo Jin: Payment of 1000 kr, or the entire course fee. For 9-day state diet (regular, vegetarian or veg + 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: 08-590 933 13 (Lars) / 0762 -33 09 86 (Elisabeth)

The course fee is to be payed two weeks before the course.