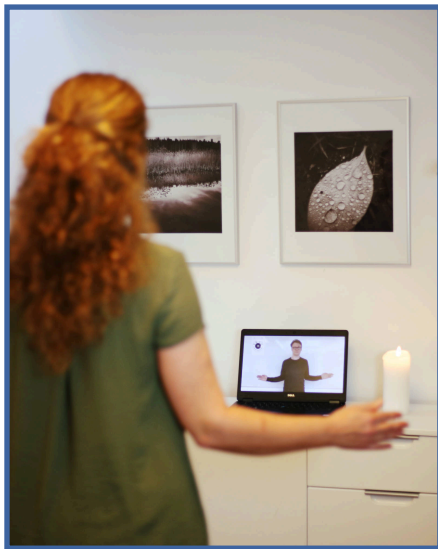




NEWSLETTER December 2020

ONLINE TRAINING – MANY PEOPLE'S NEW FAVORITE!

They say 'every cloud has a silver lining'. Thanks to Covid-19, we at European Zhineng Qigong have developed and made a great start with our online Qigong training, for which many have expressed great gratitude. We can train together with many others while we are at home safe. We get our Qi-field without having to leave the house. Visit our website and read more about our daily online training and our online SOL weekends. The latter is open to those of you who have taken part in our usual Summer Course in person in previous years. Our main teacher Dongyue Su says "It is important for our health and well-being that we take care of ourselves now." Covid-19 with all that it entails means that everyone is put under extra pressure, so it is especially important that we train more and try to take part in our Qi-field more.



Easy Care Wellness Qigong – a new Method you can Learn Online!

Dongyue Su has developed a new training method for us – Easy Care Wellness Qigong – that we will teach online. It suits everyone but is specially designed for the elderly and sick who may have difficulty with other training. The course takes three hours, no prior knowledge is required. It is open to everyone and you participate according to your own ability. We will also have online training in the evenings with the new method that will start immediately after the course. You will receive a separate email about the new course, where you can read more. Hopefully you want to try it yourself and surely you have others around you who this would be great for? Tell them about the course, and give them the opportunity for better health and a more harmonious life. Perhaps the course can be a perfect Christmas present for someone you know?

This Year Our Summer Course Training and Winter Course will be Online!

The Summer Course Training 2-6 January 2021 will this time be arranged online, in the form of a 5-day SOL course. The training will take place at 08.30 – 11.30 every day, Swedish time. Anyone who has taken part in a Summer Course with us can participate, read more on our website. The Winter Course 20 - 28 February 2021 is also held online for the first time. Open for those who previously have participated in our Winter Course. You can participate 9 days or 7 days, either day 1-7 or day 3-9. We train three hours every day, Swedish time 08.30 – 11.30. If you have taken the Winter Course with us earlier, you will receive a separate email about this with more information. Although our physical training and courses are not currently running due to Covid-19, we have planned a course programme for the coming spring, although we don't know anything today about exactly when we can get back on track. Stay informed through our website.



Finally – a MERRY CHRISTMAS and HAPPY NEW YEAR to you all from European Zhineng Qigong!



COURSES SPRING 2021

Month	Date	Sweden	Finland	Norway	Other Countries/Online
January	2-6				Summer Course Training Online
	30-31	Stockholm Gothenburg	Helsinki		
February	6-7	Nybro Alingsås	Ekenäs		
	20-28				Winter Course Online
March	6-7	Vallda			
	13-14			Bodø Bergen	
	20-21	Kalmar Bollnäs Gothenburg LUQ 2			
	27-28	Stockholm	Turku		
April	17-18	Ljungskile Lund Stockholm SXQ	Helsinki		
	24-25	Gothenburg		Gran	
May	15-16	Stockholm LUQ 2			
	22-23	Ystad		Trondheim	England, Norwich
	29-30	Gothenburg SXQ			
June	28/6 - 7/7	Nossebro, Summer Course 1			
July	7/7-16/7	Nossebro, Summer Course 2			

THE COURSE TYPE IN HOLD QI UP IF NONE IS GIVEN

HQU2=Hold Qi Up 2 SXQ=Shenxin Qigong XSZ=Xing Shen Zhuang WTJ=Weituo Jin

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

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.

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