



NEWSLETTER May 2021

SOL 18 DAYS THIS SUMMER – SUMMER COURSE TRAINING ONLINE – AND ONLINE LECTURE WITH DONGYUE SU



Our online trainings and courses have become an important part of daily life for many of our participants. To practice together with others from home is a great help in several ways. To get regular training, to feel better both physically and mentally in a difficult time and being in the qi-field and feeling the togetherness are examples of what participants have mentioned as positive.

We now arrange regular online courses in addition to the daily practice. *SOL – Summer Course Training Online, VOL – Winter Course Training Online*, and now also *EWQ –*

EasyCare Wellness Qigong. EWQ is a new method developed by Dongyue Su. The course takes three hours and is open to new participants. The exercise suits all ages but is particularly recommended for the elderly or those suffering from health problems, such as problems after Covid-19. A couple of participants got back their sense of taste and smell soon after taking the course. After the course you can participate in group training three evenings a week. During those sessions, we are many who practice the exercise together in the qi-field. Our next EWQ-course will be arranged Sunday June 20. After the summer we will give the course in English.

This year we will arrange SOL for 18 days, June 28 – July 15, instead of our regular Summer Course. You may participate for 9 or 18 days, 2 or 3 hours a day. Last summer we were close to 140 participants. A digital lecture by Dongyue Su is also included this year, as requested by many. The lecture will be arranged Tuesday June 22 in the evening. You who have participated in a Summer Course with us can join the lecture also if you will not take part in the SOL-course.

You can read more about our online trainings and courses on our website. We hope that you have the possibility to practice together with us in the qi-field. The vaccine gives us an increased protection against infection but we still need to strengthen our immune system, life force and life function. Our training strengthen these in their entirety.

Courses this autumn

We plan to start with our ordinary courses and training groups again this autumn. Read the current course program on the next page. There may be changes, you find the most up-to-date information on our website.

We wish you a lovely, qi-filled summer and that we meet again soon!





COURSES SUMMER AND AUTUMN 2021

Month	Date	Sweden	Finland	Norway	Other	Online
June	28/6 - 15/7					SOL
July	24-25					VOL
August	8-9					SOL
	21-22					VOL
	28-29	Gothenburg Stockholm SXQ				
September	4-5					SOL
	18-19	Ljungskile Jokkmokk	Helsinki	Gran		
	25-26	Gothenburg SXQ Stockholm Nybro				
October	2-3	Gothenburg XSZ	Ekenäs		England, Norwich	
	9-10	Vallda				SOL
	16-17	Alingsås				
	23-24	Stockholm Lund Gothenburg LUQ2				
	30-31	Bollnäs	Turku	Bodø SXQ		
November	6-7			Trondheim		SOL
	12-14	Stockholm Winter Course Training				
	20-21	Ystad				
	27-28	Stockholm LUQ2 Gothenburg Kalmar SXQ				
December	4-5					SOL
January	5-9	Gothenburg Summer Course Training				

THE COURSE TYPE IN HOLD QI UP IF NONE IS GIVEN

HQU 2=Hold Qi Up 2 SXQ=Shenxin Qigong XSZ=Xing Shen Zhuang

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.

CONTACT

www.zhinengqigong.eu

info@zhinengqigong.eu

+4670 444 17 54