



# NEWSLETTER December 2021



## DAILY ONLINE TRAINING

We will remember 2021 as the year when the pandemic stopped all our regular courses. Online training instead became the normal thing for us. It's new for everyone to have the opportunity to train in groups with others in our strong online qi-field several days a week. We have sessions every day of the week, every day of the year. To the delight of many, not least those who do not live so they have access to any training group in normal cases. When we start with our physical courses, the online training will continue in parallel.

### We wait with physical courses and trainings

Until the Covid situation is more under control in society, we will continue to run courses online. For the best of our students we do not yet start with physical courses and trainings. We train together again and again in our online qi-field, to become stronger and stronger. We will then have a better chance to stay healthy. To achieve the best results, join the online courses or trainings as often as possible

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### 9-day SOL and WOL courses

We start the new year with a SOL online course January 1-9. It replaces the traditional Summer Course Training that was scheduled for January 5-9. Week 8, 19 - 27th of February, there will be WOL – Winter Course Training Online for 9 days instead of a regular Winter Course. Read more about these courses and all other online training on our website.

### Summer Course

After two summers without our most beloved course, the Summer Course 9 or 18 days, we hope it is now finally time again. However, we have a problem to solve. Sara, who has overseen the kitchen in recent years, is unable to participate this summer due to her new work. We need someone who can lead the work in the kitchen. Maybe you're that person, or do you know someone else who is? Contact us by email [info@zhinengqigong.eu](mailto:info@zhinengqigong.eu) as soon as possible.

You find the physical courses that are planned for the spring on the next page. You find more information about them and our online trainings on our website. Please note that after the end of the year we will increase the prices for the online training.

**EUROPEAN ZHINENG QIGONG and Dongyue wish you a nice end to the year and a MERRY CHRISTMAS and a HAPPY NEW YEAR!**





# COURSES SPRING AND SUMMER 2022

Month	Date	Sweden	Finland	Norway	Online
January	1-9				SOL
	15-16				SOL
	22-23		Helsinki SXQ	Bodø	
	23				ECWQ
	29-30	Gothenburg			WOL
February	5-6	Stockholm Kalmar	Ekenäs		
	12-13				SOL
	19-27				WOL
March	5-6		Turku		
	12-13				SOL
	19-20	Bollnäs Stockholm SXQ			
	26-27	Gothenburg LUQ 2	Vasa		WOL
April	2-3			Gran	
	9-10	Stockholm Kalmar SXQ			SOL
	23-24	Gothenburg	Helsinki	Trondheim	
May	7-8				SOL
	14-15	Stockholm LUQ 2			
	21-22	Gothenburg SXQ			WOL
June	4-5				SOL
	27/6 - 6/7	Summer Course level 1			
July	6/7-15/7	Summer Course level 2			
August	6-7				SOL
	20-21				WOL

## THE COURSE TYPE IS HOLD QI UP IF NONE IS GIVEN

HQU 2=Hold Qi Up 2    SXQ=Shenxin Qigong    ECWQ=Easy Care Wellness Qigong

**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](http://www.zhinengqigong.eu)

[info@zhinengqigong.eu](mailto:info@zhinengqigong.eu)

**+4670 444 17 54**