



NEWSLETTER May 2022

SUMMER WITH 18 DAYS SOL – SUMMER COURSE TRAINING ONLINE



Just like last year, we will arrange an 18-days SOL course this summer. One can participate for 9 or 18 days. The course is open to anyone who has participated in a Summer Course with us earlier, for at least 9 days. Dongyue will also give a new lecture as a part of the SOL course.

We will provide a course in Qi-Comb Regulation Flu in conjunction with the SOL course. You who have taken a Qi-Comb course with us before can participate, also if you do not take the SOL course.

A greeting from Dongyue: *"Our online qi-field is stronger and stronger. The result is better and better. After summer also our*

physical courses will be started. Different online or physical courses, having different characteristic and specially organized qi-field for participants to take part in the courses, will in various ways give us different chance to improve our vitality and health state. For instance, a qi comb course will be arranged for improving the function of respiratory tract and associated parts as well as peace of mind during the coming 18 days of online training.

A problem may not be solved by one time training. But joining one time we get more qi one time, get our qi regulated one time, get health and mental states improved one time, get enjoying the strong qi-field one time. If we insist to do it again and again we will gather more and more qi, the vitality will be increased, the life will tend to ordering and we can live better."

This Autumn

EasyCare Wellness Qigong has for many become a dear complement to our other training. Not least because you can practice the exercise online together with many others. You can then take advantage of our special online qi-field. The method is also a good way for new people to start with our training; you can learn the exercise quickly, and the online training can help you to remember and keep up with the training. Also, it can be a first step for those who hesitate to sign up for a two-day course.

This autumn, when we hopefully have started with regular courses, we will give physical courses in EasyCare Wellness Qigong. In addition to learning the exercise, everyone gets a chance to correct the movements. One course will be held in Gothenburg and one in Stockholm, 5 hour long each. Feel free to recommend them to beginners.

This autumn we will also arrange two 4-day training courses for those who have taken the Summer Course with us. One of the courses will be held in Gothenburg and the other in Stockholm. It is particularly important to participate in our physical courses now, when we have not had the opportunity for a long time to meet and help each other. Many participants probably long for experiencing and taking help from the qi-field during our physical courses. To have our movements corrected will also help us get better results from the training.

We wish you all a nice qi-filled summer and hope we can see you again after the summer.



COURSES SUMMER AND AUTUMN 2022

Month	Date	Sweden	Finland	Norway	England	Online
June	27/6 - 14/7					SOL
July	5					Qi-comb regulation
August	6-7					SOL
	20-21					WOL
	27-28	Stockholm SXQ				
September	3-4	Kalmar Gothenburg				SOL
	10-11		Helsinki			
	17-18	Stockholm				
	24-25				Norwich	
	22-25	Gothenburg Summer Course Training				
October	1-2	Stockholm XSZ Training Course				
	8-9	Vallda	Ekenäs	Gran		SOL
	16	Stockholm ECWQ				
	20-23	Stockholm Summer Course Training				
	29-30	Gothenburg SXQ	Turku			
November	5-6	Stockholm				SOL
	11-13	Gothenburg Winter Course Training				
	12-13	Bollnäs				
	19-20	Alingsås		Trondheim		
	26-27	Stockholm LUQ 2 Gothenburg LUQ 2				
December	3-4					SOL
	4	Gothenburg ECWQ				
	17-18					WOL

THE COURSE TYPE IN HOLD QI UP IF NONE IS GIVEN

HQU 2 = Hold Qi Up 2

SXQ = Shenxin Qigong

XSZ = Xing Shen Zhuang

SOL = Summer Course Training Online

WOL = Winter Course Training Online

ECWQ = EasyCare 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.

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