



NEWSLETTER December 2022



BACK TO OUR USUAL COURSES!

After our long break, this autumn we have started again with our regular courses, to the delight of many. The online training has been and is very rewarding, but when we can also meet for real, we add another dimension. From what participants in the autumn courses have said, it is understood how much many have longed to get back to our roots – that we stand together in a room in our qi-field and practice together to passwords that are given live. To train properly hour after hour and to meet again. To meet Qigong friends, socialize, talk, and have

tea or coffee together. Community – what Dongyue Su always highlighted the value of.

Our online training is great but it can't give us everything, to meet others and the longer practices in our strong qi-field. If you have not joined any of our courses yet, take the opportunity. For the best results it is recommended to combine online training with regular courses. To participate as much as possible in our qi-field and enjoy the training.

Upcoming Courses

This spring we have three new course locations, Arvika and Katrineholm in Sweden and Feldis in Switzerland – our first course in that country. The Summer Course Training after New Year is held in Stockholm January 4-8. The fifth day we practice Xing Shen Zhuang. The room we have is limited in size, do not wait too long to register if you want to join.

After a couple of years on hold, the Winter Course in Karlskoga will be arranged again February 18-26. Many have probably missed the opportunity to be part of the community a residential course entails. Now everyone gets the chance again. Even you who have not learned Shenxin Qigong before can participate, the totally nine days begins with a basic course. You can also attend courses in EasyCare Comb and EasyCare Eyes during the nine days.

EasyCare Wellness Qigong – Now in English!

Our new training method and the opportunity to practice it online is appreciated by many. Even several who have trained with us since before have received positive and clear results from the new training. The three-hour online course has so far only been given in Swedish, now it also comes in English. Sunday, January 22, it is time, 09.00 – 12.00 Swedish time. The course is open to new participants. You are welcome to recommend the course to friends and acquaintances and anyone else who may be interested. The physical course in Swedish is 5 hours and is given this spring in Gothenburg and Stockholm.



MERRY CHRISTMAS and HAPPY NEW YEAR!



COURSES SUMMER AND AUTUMN 2023

Month	Date	Sweden	Finland	Norway	Schweiz	Online
Januari	4-8	Stockholm Summer Course Training				
	14-15					SOL
	21-22	Alingsås	Helsinki	Bodø		
	22					ECWQ
	28-29	Gothenburg				WOL
Februari	4-5	Stockholm Nybro		Bergen		
	11-12					SOL
	18-26	Karlskoga SXQ, Winter Course, EasyCare				
Mars	4-5					SOL
	11	Stockholm ECWQ				
	12	Gothenburg ECWQ				
	18-19	Vallda Katrineholm Kalmar SXQ				
	25-26	Bollnäs		Trondheim	Feldis	
April	1-2	Ljungskile				SOL
	15-16	Gothenburg SXQ				
	22-23	Stockholm SXQ Arvika				
	29-30	Gothenburg		Gran		
Maj	6-7					SOL
	13-14	Stockholm LUQ 2				
	20-21	Gothenburg LUQ 2				
Juni	3-4					SOL
Augusti	5-6					SOL

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.

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