



NEWSLETTER May 2023

FINALLY SUMMER COURSE WITH DONGYUE SU!

After three years of involuntary break, it is finally time to meet for a "physical" Summer Course again. Where we get the exclusive chance to learn and listen to our teacher Dongyue Su again, to be 9 days in his and our very special strong and fine qi-field. Many of us have longed for the course. Also, to meet our beloved Qigong friends again. To have an active Qigong holiday where we are filled with qi that do very good for our lives. To feel the natural joy and harmony that always characterizes our Summer Courses.

The beautiful Hjälmared's Folk high school outside Alingsås is hosting us this time. The dates are Sunday August 6 – Tuesday August 15. The Sunday is traveling day, we check in in the afternoon and have a lecture later in the evening. The course ends at lunch on Tuesday. We are many registered already but there are plenty of space yet. Make sure you don't miss this opportunity – sign up! As usual, we also arrange course in Qi Comb regulation during the Summer Course.



You can also fill up with qi during the period when our Summer Course usually takes place – just after Midsummer. We will then arrange SOL, you can participate for 2 or 3 hours per day, 9 or 18 days. Dongyue says that the optimal thing for us is to be as much as possible in our strong qi-field, both on our "physical" courses and online. The course also includes a lecture with Dongyue and Qi-regulation. The lecture will be given on two occasions.

This Autumn

We hope that more and more people will find their way to our courses again after the pandemic break. If we think about how well we need to get more qi in everyday life, we should have high priority on courses and trainings. The same applies to our online training. Signing up for online training is also a great way to get a solid training routine. I train with everyone else even though I am at home, we meet in the strong and special qi-field.



The course program for the autumn includes, in addition to our basic courses in Hold Up Qi, Shenxin Qigong and EasyCare Wellness Qigong, also training courses. In Sweden, we will arrange three days of Winter Course Training and a weekend for those who have learned Xing Shen Zhuang. In Finland, the popular Autumn Course returns, 4 training days for those who have taken the basic course Hold Qi Up with us.

We wish you a wonderful, harmonious and qi-filled summer and hope we meet in the qi-field!



COURSES SUMMER AND AUTUMN 2023

Month	Date	Sweden	Finland	Norway	Other	Online
June	26/6 - 13/7					SOL
July	4					Qi-comb
	29-30					SOL
August	6-15	Alingsås Summer Course				
	19-20					WOL
September	2-3	Gothenburg Kalmar				SOL
	9-10	Ljungs-kile Stockholm SXQ				
	16-17		Turku SXQ			
	23-24	Vallda Stockholm				
	30/9-1/10	Gothenburg XSZ			Norwich, England	
October	7-8	Trollhättan				SOL
	14-15	Gothenburg				
	19-22		Pargas Autumn Course			
	21	Stockholm ECWQ				
	22	Gothenburg ECWQ				
	28-29	Alingsås Bollnäs		Bodø SXQ Bergen		
November	4-5	Gothenburg SXQ				SOL
	10-12	Stockholm Winter Course Training				
	11-12			Gran		
	25-26	Gothenburg LUQ2 Stockholm LUQ2		Trondheim SXQ	Feldis, Schweiz	
December	2-3					SOL
	16-17					WOL

THE COURSE TYPE IS 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 courses.

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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