



# NEWSLETTER November 2023

## FINALLY, SUMMER COURSE AGAIN!

After a four-year break, it was finally time for the Summer Course again this summer. We were in a new place, Hjälmareds Folkhögskola outside of Alingsås, and had different accommodation options than previously. It was very successful. The evaluation of both the course and our new course location showed great appreciation from the participants. Several wrote "finally", or a similar statement, and expressed their great gratitude for the chance to learn directly from Dongyue Su again and to be in his qi-field.



Next summer, 2024, there will be an 18-day SOL – Summer Course Online Training starting Monday after Midsummer. We return to Hjälmared with the Summer Course for 9 days, starting Friday July 26 and ending Sunday August 4. The number of places is limited, don't wait too long to sign up, it can get full.

The most important thing when learning something like Qigong is to find a really good teacher. It is the teacher who should be able to guide the student in their development. Also, it is the teacher's gungfu that determines how strong and fine the qi-field we practise in is. It is the quality and strength of the qi-field that determines what results the students can achieve in their training. Our qi-field and Dongyue Su's qi-field gives us all great opportunities.

An example of the results that can be achieved with the help of our qi-field is the project we carried out together with researchers from Lund University in 2014. Now, the evaluation has been published by the university in a scientific journal, the first Qigong project from Sweden to be published there. The study shows how people who have had severe back problems for many years have become significantly better with a short period of training with Zhineng Qigong. Please note – in our qi-field! Read more about the study [under "Latest news"](#) on our website.

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## Spring courses

This time, the Summer Course Training will be held in Gothenburg, January 3-7. The Winter Course will as usual be arranged week 8 in Karlskoga. Starting with a 2 day basic course in Shenxin Qigong and then the Winter Course for 6 or 7 days. The last day of both the Summer Course Training and the Winter Course, we practise Xing Shen Zhuang.



In Stockholm, a one-day course is planned for children aged 6-10 and their parents. There will also be a Tuina/ Wei Tuojin course there in May, during the Ascension Day weekend. There you can learn more about meridians and how to help others in a simple and effective way.

The course list on the website has the most up-to-date information, we update it continuously. Make a habit of checking our website, [www.zhinengqigong.eu](http://www.zhinengqigong.eu) so you don't miss any courses or news.

**Merry Christmas and a Happy New Year!**



# COURSES SPRING AND SUMMER 2024

Månad	Datum	Sverige	Finland	Norge	England	Online
January	3-7	Gothenburg Summer Course Training				
	13-14					SOL
	20-21	Gothenburg				
	27-28	Nybro		Bergen SXQ		VOL
February	3-4	Stockholm Ljungskile		Bodø		
	10-11					SOL
	17-25	Karlskoga SXQ and Winter Course				
March	2-3					SOL
	9-10	Gothenburg	Turku			
	16-17	Alingsås	Helsinki		Norwich	
	23-24	Bollnäs				
	24					ECWQ
April	6-7					SOL
	13-14	Katrineholm Stockholm SXQ Trollhättan		Hadeland HQU2		
	20-21			Trondheim		
	27-28	Gothenburg SXQ				
May	4-5	Stockholm HQU2				SOL
	9-12	Stockholm Tuina/WTJ				
	25-26	Gothenburg HQU2				
June	1-2					SOL
	24/6-11/7					SOL
July	26/7-4/8	Alingsås Summer Course				
August	10-11					SOL

## 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.*

**CONTACT**

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