



NEWSLETTER May 2024

SUMMER COURSE AND SOL THIS SUMMER

Just like last year, we arrange both a 9-day Summer Course and 18 days of Summer Course Training Online (SOL) this summer. These courses gives everyone an opportunity to be part of our special qi-field. The qi-field is the Zhineng Qigong school's main characteristic. The stronger and finer the qi-field you practice in, the greater likelihood of good results.

SOL is an online course open to everyone who has previously participated in our on-site 9-days Summer Course. The Summer Course is open to everyone, no prior knowledge is required. Both courses start with a lecture by Dongyue Su. During SOL, we practice for 2 or 3 hours in the mornings during 9 or 18 days. At the Summer Course, we live together and receive professional instruction directly from our teacher Dongyue Su. About 8 hours per day are scheduled, there is also the opportunity for a lot of your own training. Like last year, we will be at the beautiful Hjälmareds Folkhögskola outside Alingsås. New for this year is that they have just renovated the sports hall. That means, among other things, more toilets, a new fan system and larger and fresher changing rooms.

Our first 9-day Summer Course was held in 1995. Thousands of people have participated in it since then and it is by far the best and most popular course we can offer. In addition to the training and our wonderful qi-field, you will have the chance to meet and hang out with new and old friends. Enjoy and use the qi-field for the best possible results, feel happiness and joy. Get a healthier body and a calmer mind, a more harmonious life. Please read course reports from previous Summer Courses on our website. You will be surprised by the gratitude and joy that several people describe after the course. If you have the opportunity, participate in both SOL and the Summer Course. Make this summer a great experience with a lot of qi.



Courses this autumn

The course program can be found on our website. As always, you will find both weekend courses and some longer training courses in the autumn. In Trondheim, a 4-day course in Tuina and Weiuo Jin is also given in November. That course is open to everyone. When it was given in Stockholm this spring, it was long-awaited and appreciated.

Have a nice summer and enjoy life!



COURSES SUMMER AND AUTUMN 2024

Månad	Datum	Sverige	Finland	Norge	Övriga	Online
Juni	24/6 - 11/7					SOL
Juli	26/7-4/8	Alingsås Summer Course				
Augusti	10-11					SOL
	24-25					WOL
	30/8-1/9			Bergen		
September	1	Stockholm ECWQ				
	7-8	Gothenburg			Feldis, Switzerland	SOL
	14-15	Ljungskile				
	21-22	Vallda, Stockholm				
	28-29	Gothenburg SXQ	Hanko SXQ			
Oktober	5-6	Stockholm XSZ Lund	Turku	Trondheim		
	12-13	Kalmar				SOL
	17-20		Pargas Höstkurs			
	19-20	Stockholm SXQ				
	26-27	Gothenburg	Helsinki			
November	2-3					SOL
	8-10	Gothenburg Vinterkursträning				
	9-10	Katrineholm				
	16-17	Alingsås	Vasa		Norwich, England	
	21-24			Trondheim Tuina & WTJ		
	23-24	Stockholm HQU 2 Gothenburg HQU 2				
	30/11-1/12	Trollhättan				
December	7-8					SOL
	21-22					WOL
Januari	2-6	Stockholm summer course training				

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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