



NEWSLETTER May 2025

OPPORTUNITIES THIS SUMMER – 30TH ANNIVERSARY!

After a strong Winter Course with many participants, it is now time again for the very best we have to offer, the Summer course led by Dongyue Su. Special every year, this summer is extra special as we celebrate our 30th anniversary. In 1995, we organized our first Summer Courses, the very first in Gothenburg and then one in Åland. Over the years, our qi-field has become stronger and stronger, nicer and nicer, and the Summer Course has developed into what it is today. For the third consecutive year, we are at the beautiful Hjälmared Folk High School outside Alingsås. The dates are July 25th – August 3rd. Don't sign up too late; we will be many this summer.

On the occasion of the anniversary, you who sign up latest June 15 will receive a gift, a special T-shirt designed by Dongyue Su. The shirt will not be for sale after the course; only those participating in the course can get it, there and then.

Don't miss our Summer Course Online (SOL) training, 18 or 9 days, starting Monday after Midsummer. Whether you participate in the Summer Course or not, it's a great opportunity for a lot of qi. The training is in the morning, lasting 2 or 3 hours. You who have attended a Summer Course with us before can participate. Read more about both the Summer Course and SOL on our website www.zhinengqigong.eu.



Courses this autumn

This autumn, we will be organizing a 4-day course in Xing Shen Zhuang in Gothenburg. Everyone who has participated in our 9-day Summer Course level one is welcome. An opportunity for those who have not previously learned the second step in Zhineng Qigong to do so. A chance for those who already know the exercise to review and learn more deeply.

In Gothenburg, our traditional Summer Course Training is scheduled, from January 2-6, 2026.

Before that course, there will be an opportunity to participate in the Winter Course Training in Stockholm. Please note the dates: October 31 – November 2, one week earlier than usual. Open to those who have previously taken the Winter Course with us.



In these courses, as in all the courses and trainings we organize, the qi-field is well-organized and strong. The more often and the more time you spend in the qi field, the greater the chance for better and clearer results. This also applies to our online courses, including daily training, as well as SOL and WOL weekends and more. Stay updated via our website and give yourself the chance to participate in as much as possible. A good way to take good care of our lives, the most important thing we have.

Wishing you a wonderful summer filled with lots of qi and harmony.



COURSES SUMMER AND AUTUMN

| Month | Date | Sweden | Finland | Norway | Online |
|-----------|-------------|-----------------------------------|----------|-----------|--------|
| June | 24/6 - 11/7 | | | | SOL |
| July | 25/7-3/8 | Alingsås Summer Course | | | |
| August | 9-10 | | | | SOL |
| | 23-24 | | | | WOL |
| September | 6-7 | Stockholm SXQ | | | SOL |
| | 13-14 | Gothenburg | | Bergen | |
| | 20-21 | Bollnäs Stockholm Lund | | | |
| October | 2-5 | Gothenburg XSZ | | | |
| | 11-12 | Ljungskile | Helsinki | | SOL |
| | 18-19 | Ekerö | | | |
| | 25-26 | Nybro Gothenburg SXQ | | Trondheim | |
| | 31/10-2/11 | Stockholm Winter Course Training | | | |
| November | 1-2 | | | | |
| | 8-9 | | | | SOL |
| | 15-16 | Gothenburg | Turku | | |
| | 22-23 | Stockholm LUQ 2 | Vasa | | |
| | 29-30 | Gothenburg LUQ 2 | | | |
| December | 6-7 | | | | SOL |
| | 20-21 | | | | WOL |
| January | 2-6 | Gothenburg 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

A lecture is often 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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