



THE QI-FIELD AT THE SUMMER COURSE - THE BEST WE HAVE

Training in a better qi-field is very important. A better qi-field is stronger and of higher quality than a less good qi-field. It gives everyone who trains in it a greater chance of achieving desired results faster. It can be completely decisive for whether one can achieve the results one wants. To achieve certain results, a better qi-field is a prerequisite. Without the better qi-field, it is hard to succeed.

Our Summer Course, a nine-day residential course, is the best we can offer. It is open to both new and experienced Qigong practitioners. It is also the only course led by our teacher Dong-Yue Su. To ever have the chance to attend a course with such an experienced and competent teacher is rare. The course is held in English and translated into Swedish. As in recent years, the course this summer will be held in Alingsås, at the very beautifully located Hjälmared Folk High School, at the turn of July-August. We are well taken care of there, get to eat good food, and can focus on the course and training. Many participants have trained with us for many years. This, combined with Dong-Yue Su's wisdom and abilities, gives us a wonderfully strong qi-field.

[Reading reports from previous Summer Courses](#) can provide insight into why the course is so popular. [Register soon to secure your place.](#)

Before the Summer Course, those who have previously attended our Summer Course can take part in our online course SOL – *Summer Course Training Online*, for either 9 or 18 days. Two or three hours of online training together with many others can offer great opportunities to improve your health and quality of life. The course starts on Monday after Midsummer, with a lecture by Dong-Yue Su on Sunday evening before the course.

This spring we have, as usual, held a 9-day Winter Course in Karlskoga, we have also conducted a course in Qi-Tuina with Wei Tuojin in Stockholm, and we once again organized a training trip to Almunecar, Spain. The trip was the first one after the pandemic and was greatly appreciated. Common to these three different courses is that the qi-field is very good, to everyone's delight. The qi-field is strong in our courses, and especially strong in the longer ones.



Courses this autumn

As usual, we have weekend courses in Hold Qi Up and Shenxin Qigong in several locations. We also offer Xing Shen Zhuang for 4 days at the beginning of October in Stockholm. In November, the Winter Course Training is held in Gothenburg, and the Summer Course Training after New Year in Stockholm. Give yourself the chance – come and participate in our strong and fine qi-field.



COURSES THIS SUMMER AND AUTUMN

Month	Date	Sweden	Finland	Norway	Online
June	22/6-9/7				SOL
July	24/7-2/8	Alingsås Summer Course			
August	8-9				SOL
	22-23	Alingsås			WOL
	29-30	Lund			
September	5-6				SOL
	12-13	Kalmar Gothenburg			
	19-20	Stockholm			
October	1-4	Stockholm XSZ			
	10-11				SOL
	17-18	Gothenburg SXQ Bollnäs			
	24-25	Nybro	Helsinki LUQ 2	Trondheim SXQ	
	31/10-1/11		Turku SXQ		
November	6-8	Gothenburg Winter Course Training			
	7-8				SOL
	14-15		Vasa		
	21-22	Stockholm LUQ 2 Gothenburg LUQ 2			
December	5-6				SOL
	19-20				WOL
January	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

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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