NEWSLETTER November 2026

THE ABSOLUTE BEST SUMMER COURSE EVER



At all of our 9-day Summer Courses, we let participants fill out an evaluation by answering a number of questions. Among other things, they rate how they perceive the course as a whole. The maximum score is 7.0, and this year's result was 6.79, the highest we've ever achieved.

Our lead teacher, Dong-Yue Su, runs the course together with all our other teachers. Being in his and our shared qi-field, getting to experience his wisdom and understanding of life, and learning how we should use our body and mind for the best in life is a great gift. More and more people realize how much we have to learn, even as we get older.

For many, the Summer Course is something to look forward to all year long. The warmth, care, joy, and love found at the course is hard to experience anywhere else. Other Qigong practitioners have become close friends, and at the course, everyone helps each other, socializes, and enjoys themselves.

The Summer Course 2027 will also be held at Hjälmareds Folk High School outside Alingsås. This year we were 140 people, and next year we'll probably be even more. When the course is posted on our website, sign up as soon as you can.

News about the Winter Course 2027

As always, we have our Winter Course in week 8 in February, also an on-site course where we live and eat together. This year, there is a lot new to the course, we have a new setup and now a new location. The course will last seven days for all participants, the initial basic course and the last training day Xing Shen Zhuang have been removed. We start with dinner and a lecture on Saturday, February 20, and finish on Saturday, February 27. You'll get more info about the timings once you've signed up. We are also happy to be able to announce our new course location, Glimåkra Folk High School in northern Skåne.

At the winter course, we will still practice Shenxin Qigong. Even though we no longer start with a basic course, beginners can join. The previous training day with Xing Shen Zhuang is replaced with a 2-day training weekend in Gothenburg later in the spring. Otherwise, everything stays the same! There will be lots of training in a strong qi-field, nice social gatherings, and plenty of laughs!



We feel warmly welcomed to Glimåkra and are convinced that we will enjoy ourselves very much there! The folk high school has a large and nice gym. They will cook good food for us and we will sleep well! It is easy to get there by train from Stockholm, Gothenburg, and Malmö.

The course is now open for registration, and both new and experienced participants are warmly welcome! Sign up as soon as possible to secure your spot! We hope that many of us will attend at our new course location.

Merry Christmas and Happy New Year!

COURSES SPRING AND SUMMER 2027

Month	Date	Sweden	Norway	Finland	Online
January	2-6	Summer Course Training Stockholm			
	9-10				SOL
	16-17	Ljungskile			
	23-24	Nybro		Helsingki	
	30-31	Gothenburg Stockholm	Bodø SXQ		
February	6-7	Bollnäs			
	13-14			Turku	SOL
	20-27	Glimåkra Winter Course			
March	6-7	Trondheim SXQ	Trondheim		SOL
	13-14	Alingsås			
	20-21	Gothenburg XSZ Kalmar LUQ 2			
April	3-4				SOL
	10-11	Gothenburg Stockholm SXQ Bollnäs LUQ 2			
	24-25	Stockholm Lund			
May	1-2				SOL
	8-9	Gothenburg SXQ			
	29-30	Gothenburg LUQ 2			
June	5-7				SOL
June-July	28/6-15/7				SOL
July-August	30/7-8/8	Summer Course Alingsås			
August	4-5				SOL
	21-22				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

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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