Zhineng Qigong
Wisdom Qigong

Lectures, private tuition and counselling available upon request.
(in English or German)

Details as per personal agreement.

For further information or booking please write to

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Zhineng Qigong 2nd Method (Pang Ming)

Xing Shen Zhuang

Level 2

2010-2

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For thousands of years Chinese people practise qigong for their health and well-being. There are a large number of different schools and methods.

One such practice method is Zhineng Qigong. The founder of this method, Grandmaster Pang Ming, is a doctor of Western medicine and Traditional Chinese Medicine. He developed this method in 1980 to give sick persons quick access to Qi, the life energy, for their way of recovery.

There is no previous knowledge required. It is easy to learn the exercises. This relaxation method serves to stay fit and remain flexible both mentally and physically until old age. This is about holistic practising. Body, mind and soul are equally involved.

Zhineng Qigong activates your powers of self-healing, strengthens your immune system and improves your awareness of your own body. The gentle movements train your concentration, your coordination and your sense of balance.

The Huaxia Centre, the „medicine-less hospital", existed from 1988 to 2001. During that time more than 200.000 persons practised there Zhineng Qigong many hours daily and achieved a health improvement or healing rate of 95 % with 180 diseases.

Zhineng Qigong is recognized in China as the most efficient method and millions of people practise it there.

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Basic Course Practical Methods Zhineng Qigong Level 2

2nd Method: Xing Shen Zhuang – Body & Mind Method

Level 2

2 days workshop

The workshop comprises:

- learning of the basic exercise Level 2
- practice of the basic exercise
- written material
- video of the basic exercise of Zhineng Qigong Level 2

Daily practice is recommended.
Each participant continues on his own.
No previous knowledge required.

Limited number of participants.

Further details on the internet under
www.do-qigong.org

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