

Here are details of all the courses scheduled in UK, plus the international courses in Belgium and France for 2011, followed by a brief introduction to each course.

From Ann and all of the Shen Hongxun College/Buqi Institute Team

Quick Guide to UK Courses in 2011:

These courses are part of the Buqi training and are taught by Dr Shen Hongxun:

"LingZi" (Brighton & Bristol) – (optional part of Buqi Professional Training)

"BUQI Energy Field for Health Information Transmission" (Shropshire)

"Sound Vibration for Healing" (Bristol)

"Double Vicious Circle of Negative Emotion and Incorrect Body Posture: Effect on Health and Disease" (Shropshire)

"Animal Daoyin" (London)

"Lying Down Daoyin" (London)

Other UK courses:

"E-Mei" with Master Shen Jin (London)

"E-Mei" with Master Shen Jin (Shropshire)

Courses in Belgium and France:

"TaiJi Jin" with Dr Shen Hongxun (Gent, Belgium)

"Chan Meditation" with Dr Shen Hongxun (Brussels, Belgium)

"Taiji 37" with Dr Shen Hongxun (Lille, France)

"TAIJIWUXIGONG" with Master Shen Jin (Gent, Belgium)

CONTACT INFO AND BOOKINGS:-

The contact for info and booking for all UK courses is : buqibristol@buqi.net
except for the LingZi in Brighton: buqibrighton@buqi.net
and courses in Belgium: sofie@buqi.net

The UK course fees are as follows:

*2-day weekend: £120 – non-residential

*3-day weekend: £180 – non residential

5-day residential: £380 course / £220 accommodation and full Board

*weekend courses are non-residential; a list of nearby B&B's can be supplied.

Website: www.buqi.net

NEW UK BUQI TRAINING

This year will see the beginning of a new, **3-year Professional Buqi Course**. The training is split in a number of 5-day residentials (Newport in Shropshire), and various two- and three-day weekends, some of which will take place in the South East (London or Brighton) and some in Bristol.

Each of the first year's modules can be taken individually and is open to all, beginners, health practitioners and therapists, patients, and anyone who wishes to learn this excellent method for their own health and wellbeing.

Dr Shen Hongxun & BUQI

Dr Shen Hongxun's lifelong study of human health and energy forces through the means of Taiji, TCM & Acupuncture, and his experience as medical doctor of allopathic medicine, led him to develop BUQI, incorporating Chinese and Western medical knowledge within his own research.

Dr Shen discovered that the spinal column is the key to health. Both negative emotion and daily habits affect our posture - so at the level of the spine this directly affects our nervous system, metabolism and health.

Uniquely among healing systems BUQI posits that disease is caused by a build up of stagnant energy and pathogenic factors (Binqi). In Buqi we learn how to eliminate Binqi from ourselves as well as from others. BUQI also works to improve our bio-energetic system (the flow of Qi in our bodies). Our energy encodes our health information and, with BUQI training, can be used to transmit positive health information.

Short description of each course: -

"LING ZI"

(19-21 Feb. 2011 *Brighton (Brighton & Hove High School)
& 11-13 March 2011 *Bristol (Wesley College)

The first courses with Dr Shen Hongxun this spring will be LingZi – it is the perfect first step into Buqi for newcomers, and a wonderful opportunity for "energy-top-up" and putting the spring back in your step, for experienced practitioners.

LingZi is the original exercise that was used to develop Reiki healing energy. Literally translated, LingZi and Reiki both mean: "Vibration of all things".

LingZ information continued on next page

LingZi continued.....

It is a simple and highly effective technique to re-charge our cellular power by connecting to the earth's force field and to strengthen our natural Qi force. Learn how to use this powerful method to raise vibration and frequency on cellular and energetic level. The practice of LingZi can bring about deep inner transformation and awaken innate healing force.

LingZi is an optional part of the Buqi professional training, and highly recommended! (*the teaching of both courses will be similar – however, the effect on energetic level is accumulative, so the more practice the better) Please see www.buqi.net for more information on this course.

"BUQI ENERGY FIELD FOR HEALTH INFORMATION TRANSMISSION"

(22-26 April 2011, residential – Harper Adams, Shropshire)

This 5-day residential in Newport, Shropshire marks the new beginning of the full Buqi training. Learn how to create an Energy Force Field and how to use it for treatment by way of Information Transmission.

We will begin by developing our own energy field and clearing of stagnant energy and pathogenic factors (Binqi) for self-healing. A very important aspect is the understanding of the workings of our own internal energy force, and the activating of the Dantian. After the course, participants will be able to use basic Buqi principles for their own health and to aid family and friends.

Self-healing exercises (BUQI Daoyin) are an important part of BUQI for both therapists and patients (see **SOUND, ANIMAL, & LYING DOWN courses**). Based on traditional Chinese exercises, BUQI daoyin are adapted to current health problems such as, "computer syndrome", RSI, back pain and spine problems, joint stiffness, headache, high and low blood pressure, and many more. The Daoyin exercises are designed to be playful as well as effective, making these courses highly informative and very enjoyable !

BUQI

"SOUND VIBRATION FOR HEALING"

(27,28,29 May 2011, Bristol)

Working with our voice, we will explore how different sound frequencies affect the body in different ways. As sound and breath are inter-dependent we will work with different sound and breathing techniques, to treat different body areas and organs. We will also learn about the effect that certain mantras have on health and healing.

BUQI

“Double Vicious Circle of Negative Emotion and Incorrect Body Posture: Effect on Health and Disease”

(24-28 August 2011, residential – Harper Adams, Shropshire)

The theory of the *Double Vicious Circle forms the core foundation of Buqi diagnosis and treatment (**Diagnosis and Treatment courses will follow in year 2**).

Faulty body posture creates physical tension. Negative emotions create mental stress. Both, physical and emotional tensions are closely linked, and often the body mirrors emotional tensions with a poor, unhealthful posture, and by manifesting symptoms and illness. Both vicious circles contribute to the development of disease factors (Binqi), and both negatively enhance and ‘feed’ each other. During this course we will go deeply into the theory of the Double Vicious Circle and how it affects our state of health and development of disease, looking at specific health conditions as examples. This foundation course for future Buqi therapists will also reveal much new information and can be taken as an advanced course for experienced practitioners and therapists.

(*first published by Dr Shen Hongxun in 1985)

BUQI

“ANIMAL DAOYIN”

(8/9 October 2011, Parliament Hill School, London)

We draw on the characteristics of the movements of certain animals such as: the force of a pouncing tiger, the agility and playfulness of monkeys, the strength and power of the bear, the majestic flight of an eagle, the march of the penguins, Each of the exercises is designed in such a way, that they address and thus treat certain body regions, specific joints and muscles. At the same time, we try to capture the emotion, that each of these animals evokes – fly free as bird, let your inner tiger roar, don’t be shy of monkey-ing around Very uplifting for body and mind, this is a fun and creative course!

BUQI

“LYING DOWN DAOYIN”

(3/4 December 2011, Parliament Hill School, London)

Specially designed to strengthen and re-mobilise the spine these exercises can help those who are too ill or too weak to stand or sit for very long. They are suited to work on a bed or on the floor. Most people like the combination of lying down with exercise. With the body weight supported by the floor the spine relaxes and stretches for optimum health.

Other UK courses :
E-MEI with Master SHEN JIN

The E-Mei system is the origin of QiGong and Shen Jin is one of very few teaches worldwide to teach E-Mei. The E-Mei exercises offer a moving meditation to quieten the mind while at the same time cleansing the energy circulation for health.

The E-Mei are a traditional Buddhist exercise system to build physical stamina, suitable for martial artists, and to open the energy channels and meridians in the body. The powerful force developed during the practice of E-Mei is also very useful for health and bodywork, such as massage, shiatsu etc. This course offers a chance to work with a master of a rarely taught system created around 1,000 years ago in China.

26/27 February 2011 (Parliament Hill , London)

7/8 May 2011 (Parliament Hill , London)

22 to 26 July 2011 – Residential, Harper Adams College, Shropshire

5/6 November 2011 (Parliament Hill , London)

Courses in Belgium and France:

*****Taiji Jin (Taiji Forces)** with Dr Shen Hongxun

5-7 March 2011, Mortsel (Antwerp, Belgium) – non residential

for info, booking and a list of B&B's, please contact: sofie@buqi.net

CHAN MEDITATION with Dr Shen Hongxun

Sat 16 to Weds 20 April 2011- residential course in Brussels, Belgium

* Limited accommodation available. The venue insist that they receive payment for accommodation by bank transfer **before April 1st** - for bank details and course booking please contact: sofie@buqi.net

Note: Dutch and French translation only.

*****TAIJI 37** with Dr Shen Hongxun

11-13 June 2011, Lille, France

for info and booking please contact: alor4@skynet.be

*****TAIJIWUXIGONG** with Master Shen Jin

30 July – 3 August 2011, residential in Gent, Belgium

for info and booking please contact: sofie@buqi.net

*****Note: English translation only if sufficient number of Anglophones participate in these courses – so bring your friends along...**