

NEWSLETTER SEPTEMBER 2012

What you will find in this letter:

1. Table with dates for all courses in 2012-2013 in Belgium and the Netherlands.
2. Buqi Training with Shen Zhengyu and Shen Jin.
3. Professional Taiji Training: Taiji Sword with Shen Zhengyu.
4. Taijiwuxigong weekends with Shen Jin in Mortsel B and in Lent NL.
5. Overview weekly lessons in Belgium.

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1. Table with dates of all courses:

- Buqi® training: Diagnosis, Treatment techniques, Clinical Training
- Taiji Sword – last two weekends.
- Taijiwuxigong® weekends – more dates to follow
- Meditation course 2013.
- Summer courses 2013.

The courses marked in **red** are part of the *BUQI®* training in Holland. There will be **only Dutch translation**, but if you understand Shen Jin, Shen Zhengyu or if you understand Dutch you are welcome to attend. Each module can be followed separately and is open to everyone.

We appreciate if you could forward this information to your students and people who are interested!

Dates	What	Where	Teacher
22-23 September	Taiji sword	B - Mortsel	Shen Zhengyu
29 Sept-3 Oct	Buqi diagnosis	NL - Eindhoven	Shen Jin
20-21 October	Taiji sword	B - Mortsel	Shen Zhengyu
27-28 October	Taijiwuxigong®	B - Mortsel	Shen Jin
24-25 November	Buqi treatment techniques	NL - Lent	Shen Zhengyu
26-27 January 2013	Buqi treatment techniques	NL - Lent	Shen Jin
23-24 February	Buqi treatment techniques	NL - Lent	Shen Zhengyu
9-10 March	Taijiwuxigong®	B - Mortsel	Shen Jin
1-5 May	Meditation (tbc)	B - Brussel	Shen Jin
25-26 May	Buqi treatment techniques	NL - Lent	Shen Jin
22-23 June	Buqi treatment techniques	NL - Lent	Shen Jin
31 July-4 Aug	Taijiwuxigong®	B - Ghent	Shen Jin
5-7 August	Taiji 37®	B - Ghent	tbc
21-25 August	E Mei Daoyin	B - Mortsel	Shen Jin
14-20 October	Clinical training	NL - Eindhoven	Shen Jin

What	When	Where	Fee
1. Diagnosis	29 Sept-3 Oct 2012	Eindhoven: Blixems (1) and Studentenkapel (2)	€ 375
2. Treatment techniques 1	24-25 November	Lent (3)	€ 150
3. Treatment techniques 2	26-27 January 2013	Lent (3)	€ 150
4. Treatment techniques 3	23-24 February	Lent (3)	€ 150
5. Treatment techniques 4	25-26 May	Lent (3)	€ 150
6. Treatment techniques 5	22-23 June	Lent (3)	€ 150
7. Clinical training	14-20 October	Eindhoven (tba)	€ 525

Diagnosis, Shen Jin

In order to treat conditions it is important to determine their cause rather than giving them a name. Only then you can choose the appropriate treatment techniques.

The ability to perceive binqi is essential. In this module you will learn to establish where binqi accumulates in the body.

The diagnostic techniques we teach are:

- Feeling with the hands;
- Feeling with the body;
- Using the centre of the mind – seeing with the third eye;
- Using cosmic information through contact with 'information spirits'.

After this module it is important that you practice these techniques regularly.

!!!! Please note that Saturday-Sunday we are in Blixems. Monday-Wednesday in the Studentenkapel.

Treatment Techniques, Shen Jin & Shen Zhengyu

We provide five weekends on a number of very specific diseases and specific treatment techniques.

The topics are:

Weekend 1: pain relief

Weekend 2: digestion

Weekend 3: hypertension

Weekend 4: hemiplegia

Weekend 5: respiratory system

The techniques can be divided in:

- Bu techniques: providing information, activating;
- Xie techniques: eliminating binqi, calming.

Most techniques are hand techniques: open hand technique, transmission of warmth information, transmission of vibration force, spontaneous movement force transmission, technique with sword fingers, pulling out techniques (where it is important for the therapist to protect oneself against binqi of the patient). There are also some techniques in which the feet are used.

Practical information

Venues:

(1) Wijkcentrum Blixems, Ouverture 2, 5629 PV Eindhoven.

(2) Studentenkapel, Kanaalstraat 6, Eindhoven.

(3) Voorzieningshart De Ster, Queenstraat 37b, 6663 HA Lent/Nijmegen.

Times:

Diagnosis: Saturday-Tuesday 10.00-17.00h (registration first day between 10.00-11.00h).

Wednesday: 10.00-16.00h.

!!!! Please note that Saturday-Sunday we are in Blixems. Monday-Wednesday in the Studentenkapel.

Treatment techniques: Saturday-Sunday 10.00-17.00h. The weekends will be two full days (and not 2.5 days as first said). Both days finish at 17h, and we will keep lunch breaks short in order to cover all the material.

Lunch possible in Blixems and in Lent (not in de Studentenkapel). Maximum € 10/day, depending on the venue. Please book for lunch at the latest one week in advance.

Professional taiji training with SHEN ZHENGYU
TAIJI JIAN (SWORD)

Tranquility in movement, relaxation in alertness, emptiness in observation. Yin in yang, yang in yin; taiji jian, touching at the essence of taiji

Taiji aims at developing latent **forces** or powers present in each of us. Taiji jian (two-edged straight sword)) is one method to further develop and handle these taiji forces. The roots of taiji practice lie in the martial arts. Nowadays physical and healing aspects come first, although it's important not to lose the martial aspect out of sight.

The objectif of these weekends is to obtain a **sharper understanding** of taiji **forces** (or jin in Chinese) through basic sword techniques and sword form. The exercises help to **relax** the **body** and **improve posture**. You stand firmly on your legs and you become more powerful. The sword is **guided** by continuous and constant **attention** to its point or cutting edge. This way you develop our concentration.

Due to the constant **mental focus** on the sword you create an intense, expanding, outwardly directed energy structure. You become less disturbed by extertal impulses. You arrive within yourself. Concentration becomes reflective observation. There is emptiness and the mind comes to rest.

This **extending of force** from your hand into a tool can be applied in daily life, when you use various home, garden and kitchen tools to cut food, open a bottle, drilli, chop wood. In all these actions you can learn to use the body as a unit.

The further development of taiji forces helps to make the body more open. You will be able to remove waste products better, and symptoms such as pain, stiffness, tension, inflammation etc disappear.

with Shen Zhengyu	Cost: €125/weekend	Koninklijk Atheneum Mortsel
22-23 September		Sports hall, Hof Van Riethlaan
20-21 October		2640 Mortsel

Lunch + tea/coffee: 12 euro/day. Please book lunch at the latest 1 week in advance!

TAIJIWUXIGONG weekends with SHEN JIN, Mortsel (B) and Lent (NL)
Spontaneous movement for health and happiness

Taiji wuxigong provides various standing, sitting and lying exercises which have two functions. The first is to correct body posture, the second is to clear stuck waste products. This helps to restore physical wellbeing and mental and emotional equilibrium.

Through the practice of Taijiwuxigong we can learn how to bring the vibrations of the earth force up through the body and allow this to clear the spinal column. This realigns the vertebrae and opens the spaces between them, making the body taller again. Pressure on nerves and blood vessels around the spine is relieved and freedom of movement restored. Spontaneous movement (both physical and emotional reactions) can occur and we can feel the healing effect this has on the body as it helps to remove and flush out disease.

The exercises are very beneficial for people who do a lot of desk or computer work and who suffer from 'mouse-arm syndrome'. Spending long hours sitting at a desk often leads to a distorted body position – the result is tightness and muscle tension in the neck and shoulders (especially that of the arm used most). This tension can cause mal-positioning of the neck vertebrae, in turn putting pressure on the local nerves and inhibiting blood circulation to the brain.

Koninklijk Atheneum, Hof Van Riethlaan, B - Mortsel	Voorzieningshart De Ster, Queenstraat 37b, 6663 HA NL - Lent/Nijmegen
27-28 October	tba
9-10 March	
Booking: buqibelgium@buqi.net	Booking: krijnook@yahoo.com

Cost: €125/weekend.

Lunch + tea/coffee: 12 euro/day. Please book lunch at the latest 1 week in advance!

For the weekends in Belgium: there will be translation into Dutch and French.

For the weekends in Holland: there will be translation into Dutch.

WEEKLY LESSONS

with Shen Jin

Dates **free introduction evenings:**

- Monday 17 September in Ghent
- Tuesday 18 September in Mortsel.
- Monday 24 September in Brussels.

Each time from **19.30-21.00h.**

Dates beginning of the lessons:

- Thursday 13 september in Mortsel
- Wednesday 19 September in Ghent
- Monday 1 October in Brussels.

Venues and times:

- Mondays, St Michielscollege, St-Michielscollegestraat (entrance opposite nr 67), 1150 St-Pieters-Woluwe.
Taijiwuxigong from 19.30-21.00h.

- Wednesdays, Sint Pietersinstituut, Meersstraat 131, 9000 Ghent.
- Thursdays, Sportzaal Koninklijk Atheneum Mortsel, entrance via parking next to Molenlei 6, Mortsel.
Taiji37 form: 19.15 - 20.15h, Taijiwuxigong: 20.15 - 21.30h.

Info: buqibelgium@buqi.net, 0475 780 248, www.buqi.net

with Shen Zhengyu

Dates **free introduction evenings:**

- Monday 10 September in Brasschaat.
- Wednesday 12 September in Oud-Turnhout.
- Thursday 13 September in Kapellen.

Each time from 19.30-20.30h.

The lessons for everybody begin the week after.

Venues and times:

- Mondays, Sporthal KTA (hall upstairs), entrance via Martouginlei, Brasschaat.
- Wednesdays, De Djoelen, Steenweg op Mol 3, Oud-Turnhout.
- Thursdays, School M. Immaculata, Zilverenhoeklaan 2, 2950 Kapellen.

From 19.30 - 20.45h.

Info: taijicentrum2000@gmail.com, 0475 810 620, www.taijicentrum.org

with Sofie-Ann Bracke

- Mondays, 't Werkhuys, Zegelstraat 13, Borgerhout, 10.30-12.00h.
- Mondays, Nottebohm Rugkliniek, Biartstraat 2, Antwerpen, 19.30-20.30h.
- Thursdays, Dienstencentrum Van Schoonbeke, Van Schoonbekestraat 54, Antwerpen, 9.30-10.30h.
- Fridays, Sportcentrum Het Rooi, Berchemstadionstraat 73, Berchem (only via Rekanto for cancer patients - www.rekanto.be), 10.00-11.00h.

Info: sofieannbracke@gmail.com, 0486 93 1122, www.chinesehealing.be.

Also individual consultations and company presentations.

with Lieven Van Den Berghe

- Mondays, Basisschool Oude Bareel, Beelbroekstraat 33 9040 Sint-Amandsberg.
- Tuesdays, Sint Lodewijkscollege, Spoorwegstraat 250, 8200 St. Michiels - Brugge.

Taiji37 form: 19.15 - 20.15h, Taijiwuxigong: 20.15 - 21.30h.

info: lievenvandenbergh@hotmail.com

Cost: 12 euro/lesson or 90 euro/10 lessons. No classes during school holidays.

Feel free to contact us any time if you have any queries or if you want to book for a course.

For information on courses in:

- the UK, contact buqibristol@buqi.net
- France, contact buqifrance@buqi.net
- Norway, contact taiji@taiji-wuxigong.no

Or see our website www.buqi.net.

Warmest greetings from all of us at the Buqi Institute!