

Dear student,

I wish you and your family an excellent year in 2014 with lots of happiness and inner peace!

I want to especially thank Sofie for the remarkable work she has done for the Institute for more than 20 years! From now on Sofie will still be active in our courses but she will no longer be organising them. You can contact Sofie personally at [sofieannbracke@gmail.com](mailto:sofieannbracke@gmail.com).

For all organisational and administrative queries please contact [buqibelgium@buqi.net](mailto:buqibelgium@buqi.net).

You will find below all the courses organised by the Buqi Institute in Belgium and The Netherlands in 2014.

We would appreciate it very much if you would forward this information to your students and people who are interested.

I will be very happy to see you soon!

Best wishes,

Shen Jin

Dates	What	Where
8-9 February	Taijiwuxigong®	B – Mortsel
22-23 February	Taijiwuxigong®	NL – Lent
12-16 April	Wuxi meditation	B – Vaalbeek
17-18 May	Taijiwuxigong®	B – Mortsel
2-6 August	Taijiwuxigong®	B – Gent
8-10 August	Taiji 37®	B – Gent
20-24 August	E Mei Daoyin	B – Mortsel
15-16 November	Taijiwuxigong®	B – Mortsel
29-30 November	Taijiwuxigong®	NL – Lent

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



Taijiwuxigong provides various standing, sitting and lying exercises that 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. 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 malpositioning of the neck vertebrae, in turn putting pressure on the local nerves and inhibiting blood circulation to the brain.

Koninklijk Atheneum, Hof Van Riethlaan 3, B – Mortsel	Voorzieningshart De Ster, Queenstraat 37b, 6663 HA Lent (Nijmegen), NL
8-9 February	22-23 February
17-18 May	
15-16 November	29-30 November
Tea/coffee: €3/day Lunch not possible anymore ☹️	Lunch: €10/day. Please book at least one week in advance!
Book now: <a href="mailto:buqibelgium@buqi.net">buqibelgium@buqi.net</a> 0475 780 248	Book now: <a href="mailto:krijnook@yahoo.com">krijnook@yahoo.com</a>

Cost: €125/weekend.

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

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

Warmest greetings from all of us at the Buqi Institute!

**[www.buqi.net](http://www.buqi.net) / [buqibelgium@buqi.net](mailto:buqibelgium@buqi.net)**