

Saturday 20 – Tuesday 23 July

E-Mei - The Swimming Dragon with Shen Jin

Bristol - The Greenaway Centre (<http://www.southmead.org>) - non-residential

Created on the sacred E Mei mountain over a thousand years ago.

E-Mei is thought to be the root of Qi Gong, Tai Chi and Taijiwuxigong.

The Swimming **Dragon** helps healing Qi energy flow dragon-like, through our bodies. It develops our left/right energy channels so we can twist and turn like a swimming dragon. It is taught as a set of connected movements - like Tai Chi.

Steps are added each day as the dragon learns to 'walk in heaven'.

This exercise develops our left and right energy channels - to give our bodies the "turning force" vital to flexible movements like martial arts or dancing.

Shen Jin is the only teacher of this system in the UK.

This expands connection with our bodies, muscles and vital energy.

E-Mei helps body workers and performers, and for personal development.

Venue: The Greenaway Centre, Doncaster Road, Southmead, Bristol, BS10 5PY www.southmead.org

Bookings: Ann buqibristol@buqi.net / 07766 100 383

Cost: £250 Times: 10am - 5pm each day.

Saturday 27 – Tuesday 30 July

Yi Jin Daoyin with Shen Zhengyu

Harper Adams - Shropshire - Residential

The Hunting Tiger is one of the classic YiJin exercises that build strength.

These were adapted to balance modern lifestyle by Dr Shen Hongxun.

Easily learned, Hunting Tiger, is one of nine dynamic exercises.

They include Offering Incense, Pulling the Ox's Tail and Plucking a Star.

They quickly build muscle tone and stamina in the muscles.

Said to have been part of early Shaolin training.

The YiJin are easy to fit into a busy lifestyle .

Arrive 12.30 Saturday - leave 2pm Tuesday

Course fee: £250

Venue: Harper Adams University College:<http://www.harper-adams.ac.uk/>

Accomm & food: £262.75 en suite rooms or Camping £176.40

Email Ann on buqibristol@buqi.net or call 07766 100 383 to book or with any queries

Friday 2 - Thursday 8 August

7 day BUQI Clinical Training with Shen Zhengyu

Redland High School - Bristol

Completion of the Clinical Training is essential to qualify as a Buqi Practitioner. This course enables students to apply their Buqi skills to patients in a professional manner.

We work in small groups to treat members of the public. Each participant will have the opportunity to interview patients, record their medical history, diagnose, devise treatment plans and administer treatment.

The mix of Buqi graduates with students ensures that much practical experience is available to each group. The course is also open to Buqi students who have missed some of the Buqi or Daoyin weekends (which they may take later to complete qualification). Anyone who took the earlier Buqi Healer course may take the Clinical (plus Buqi exam) to upgrade their qualification to that of Buqi Practitioner.

Patients have to be able to attend at least twice. Treatments are free. If you know people in the Bristol area willing to receive free treatments from graduating Buqi students please forward their names and contact details to Ann Sheldon.

Cost £380

Email Ann on buqibristol@buqi.net OR call 07766 100 383 to book or with any queries

Those who wish to repeat their Clinical Training will get a 28% reduction on the course fee to £270.

This is a non-residential course - we will give help in finding inexpensive accommodation for this course.

Venue website: www.redland.bristol.sch.uk

Provisional dates to pencil in your diary 2013

25 - 29 or 27 - 29 September - BUQI for female health conditions including menopause - venue tbc

Sat 2 -Sun 3 November - E-Mei with Shen Jin - venue tbc

Travel

www.traveline.com - links all public transport to make it easy to plan your journey.