

What you will find in this letter:

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

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I. Table with dates of all courses:

- Buqi® training: Diagnosis, Treatment techniques, Clinical Training
- Taijiwuxigong® summer course
- Taiji37 summer course
- E Mei Daoyin summer course

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.

For information on courses in:

the UK, contact [buqibrighton@buqi.net](mailto:buqibrighton@buqi.net)

France, contact [buqifrance@buqi.net](mailto:buqifrance@buqi.net) for Montpellier, [buqi-rhone@laposte.net](mailto:buqi-rhone@laposte.net) for Lyon and [buqilimoges@gmail.com](mailto:buqilimoges@gmail.com) for Limoges

Norway, contact [taiji@taiji-wuxigong.no](mailto:taiji@taiji-wuxigong.no)

Or see our website [www.buqi.net](http://www.buqi.net).

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

Dates	What	Where	Teacher
25 - 26 May	Buqi treatment techniques	NL – Lent	Shen Jin
29 - 30 June	Buqi treatment techniques	NL – Lent	Shen Jin
31 July-4 August	Taijiwuxigong®	B – Ghent	Shen Jin
5 - 7 August	Taiji 37®	B – Ghent	Shen Jin
21 - 25 August	E Mei Daoyin	B – Mortsel	Shen Jin
5 - 6 October	Taijiwuxigong®	B – Mortsel	Shen Jin
18 - 20 October	Clinical training part 1	NL – Eindhoven	Shen Jin
1 - 3 November	Clinical training part 2	NL – Eindhoven	Shen Jin
30 Nov - 1 Dec	Taijiwuxigong®	NL – Lent	Shen Jin

## BUQI® Training with SHEN JIN & SHEN ZHENGYU

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	-€ 150
3. Treatment techniques 2	26-27 January 2013	Lent	-€ 150
4. Treatment techniques 3	23-24 February	Lent	-€ 150
5. Treatment techniques 4	25-26 May	Lent	€ 150
6. Treatment techniques 5	29-30 June	Lent	€ 150
7. Clinical training part 1	18-20 October	Eindhoven (tba)	€ 265
8. Clinical training part 2	1-3 November	Eindhoven (tba)	€ 265

The topics are:

Weekend 1: pain relief

Weekend 2: digestion

Weekend 3: hypertension

Weekend 4: respiratory system

Weekend 5: hemiplegia

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 therapists to protect themselves against binqi from the patient). There are also some techniques in which the feet are used.

Venue for treatment techniques:

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

Times:

Saturday-Sunday 10.00-17.00h.

Lunch possible. Maximum € 10/day, depending on the venue. Please book for lunch at the latest one week in advance.

## TAIJIWUXIGONG course with SHEN JIN, 31 July - 4 August, Ghent



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.

### Practical Details:

- Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Ghent.

- Venue for sleeping accommodation: St Paulusinternaat, E. De Deynestraat 2.

- Course Price: €300

- Accommodation: €190 half board (lunch and breakfast incl.)

Please note that there are a limited number of bedrooms, so if you need a room we advise you to book as soon as possible - at the latest by 15 July.

- Lunch + 2 tea breaks: €13/day (to be booked at the latest 1 week before course).

- Times: days 1-4: 10.00-17.00 (registration day 1 between 10.00-11.00). Day 5: 10.00-13.00 (with lunch if booked).

## Taiji 37 course with SHEN JIN, 5 - 7 August, Ghent



This course is open to anyone who wants to practice applying the basic principles of Taiji 37. Beginners and advanced students alike are welcome to continue studying the system developed by Dr. Shen Hongxun.

The Taiji symbol symbolizes the cosmos, unlimited in its size. Through practice, we relax our muscles and open our joints, while we allow our dantian force to grow bigger. In this way our energy can evolve to the size of the cosmos.

During this course we will practice various Taiji 37 postures. These are based on the principles of the NanPai (Southern) School of Taijiquan. Essential in NanPai Taijiquan is the use of earth force, which can quickly activate the dantian. We can then develop dantian force, and after that the dantian can lead our bodies into motion.

### Practical Details:

- Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Ghent.
- Venue for sleeping accommodation: St Paulusinternaat, E. De Deynestraat 2.
- Course Price: €180
- Accommodation: €125 half board (lunch and breakfast incl.)

Please note that there are a limited number of bedrooms, so if you need a room we advise you to book as soon as possible - at the latest by 15 July.

- Lunch + 2 tea breaks: €13/day (to be booked at the latest 1 week before course).
- Times: days 1-2: 10.00-17.00 (registration day 1 between 10.00-11.00). Day 3: 10.00-16.00

## Five day E-MEI DAOYIN course with SHEN JIN, 21-25 August, Mortsel (Antwerp)



The E-Mei Mountain is in Sichuan province in Central China. This region is marked by high mountains and is not easily accessible. For this reason, the area was a favourite hiding spot for the revolutionaries and rebels of past dynasties. Generals and hopeful future Emperors, often referred to as Tigers and Dragons, spent lengthy periods of time in these mountains, preparing their onslaught on the regime they planned to overthrow.

The 12 Daoyin of the E-Mei are a traditional Buddhist exercise system. About 1000 years ago a monk devised this particularly effective method of exercise to train those who were to fight against the ruling Emperor's army; but these exercises were also used to treat the injuries suffered in combat, and bonesetters used the powerful Daoyin to improve their skills.

The exercises are an excellent way to develop physical strength and stamina and thus are very well suited to martial artists. But the tonifying effect of the exercises means that they can be used to improve health and even to treat some diseases. The powerful force developed during the practice of the E-Mei Daoyin is also very useful for health and bodywork, such as massage, etc.

For optimum results, one needs to pay attention to develop the exercises one by one, and each individual exercise stage by stage. Then it is possible to open the body's energy channels and meridians, enabling the practitioner not only to achieve a high level of physical energy but also to develop on a mental plane.

### Practical Details:

- Venue: Koninklijk Atheneum Mortsel, Hof Van Riethlaan, 2640 Mortsel (Antwerp)
- Course Price: €300
- Lunch: €13/day (to be booked at the latest 1 week before course).
- Times: days 1-4: 10.00-17.00 (registration day 1 between 10.00-11.00). Day 5: 10.00-13.00 (with lunch if booked).

## 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 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 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
5 - 6 October	30 November – 1 December
Booking: <a href="mailto:buqibelgium@buqi.net">buqibelgium@buqi.net</a>	Booking: <a href="mailto:krijnook@yahoo.com">krijnook@yahoo.com</a>

Cost: €125/weekend.

Lunch + tea/coffee: €13/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

Most venues have no lessons during the summer holidays and on bank holidays. Please check with each teacher for precise dates.

#### with Shen Jin

Venues and times:

- Mondays, St Michielscollege, St-Michielscollegestraat (entrance opposite nr 67), 1150 St-Pieters-Woluwe.

Taijiwuxigong: 19.30-21.00h.

- Wednesdays, Sint Pietersinstituut, Meersstraat 131, 9000 Ghent

Taiji 37 form: 19.15 - 20.15h, Taijiwuxigong: 20.15 - 21.30h.

- Thursdays, Sportzaal Koninklijk Atheneum Mortsel, entrance via parking next to Molenlei 6, Mortsel.

Taiji 37 form: 19.15 - 20.15h, Taijiwuxigong: 20.15 - 21.30h.

Info: [buqibelgium@buqi.net](mailto:buqibelgium@buqi.net), 0475 780 248, [www.buqi.net](http://www.buqi.net)

#### with Shen Zhengyu

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](mailto:taijicentrum2000@gmail.com), 0475 810 620, [www.taijicentrum.org](http://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](http://www.rekanto.be)), 10.00-11.00h.

Info: [sofieannbracke@gmail.com](mailto:sofieannbracke@gmail.com), 0486 93 1122, [www.chinesehealing.be](http://www.chinesehealing.be).

Also individual consultations and company trainings.

#### with Lieven Van Den Berghe

- Mondays, Basisschool Oude Bareel, Beelbroekstraat 33 9040 Sint-Amandsberg.

- Tuesdays, Sint Lodewijkcollege, Spoorwegstraat 250, 8200 St. Michiels - Brugge.

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

Info: [lievenvandenbergh@hotmail.com](mailto: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.

If you prefer not to receive our newsletter anymore, please reply 'unsubscribe' to this mail.

Warmest greetings from all of us at the Buqi Institute!