



Buqi Institute News - June 2014

Reserve now for the summer courses with Shen Jin!

Dear student,

Summer is fast approaching and this year Shen Jin will once again teach the original systems developed by her father Dr Shen Hongxun. Shen Jin taught these powerful systems together with her father for over 30 years and this is a great opportunity to study with her again and to further develop your technique.

Please find below all the details for the forthcoming courses.

N.B. For those people who have already made reservations for the courses you do not need to reserve again!

International Courses in Belgium

Taijiwuxigong - with Shen Jin (Ghent) 2-6 August

During this years course Shen Jin will focus on the five standing positions linked to the lungs, heart, spleen, liver and kidneys. These standing positions can help to develop spontaneous movements that in turn help to open the five major energy channels in the body. Students will also have a chance to practise the Bagua partner exercise system.

For the students who followed the Taijiwuxigong Teacher Training Course and did not receive their diploma a session will be held during this course to give out the diplomas. Please inform us in advance if you are one of those students.

Venue

OC St. Jozef (Sports Hall)
Ebergiste De Deynestraat 1
9000 Ghent
Belgium

Program

Day 1: lesson 11.00-17.00 (registration on the first day 10.00-11.00)
Days 2-4: lesson 10.00-17.00
Day 5: lesson 10.00-13.00 (followed by lunch if booked)

Teacher

Master Shen Jin

Costs

€300 for the course
± €192 - five days half-board (lunch and breakfast incl.) + the party (dinner/disco) on the 4th evening.

± €16/day - lunch + tea/coffee breaks only (to be booked at the latest 1 week before course).

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.

The venue for the accommodation is St. Paulusinternaat, E. De Deynestraat 2, 9000 Ghent.

[Reserve online now for the Taijiwuxigong course!](#)

Taiji 37 - with Shen Jin (Ghent) 8-10 August



On this course Shen Jin will focus on the following standing positions from the Taiji 37 system: Lo Xi Ao Bu, Haidi Zhen, Shan Tong

Bei, Pischen Chui, Ban Lan Chui and Fen Jiao. For those students interested there will also be Taiji 37 form in the mornings from 09.30.

Venue

OC St. Jozef (Sports Hall)
Ebergiste De Deynestraat 1
9000 Gent
Belgium

Program

Day 1: (registration from 10:00 to 11:00) lesson from 11:00 to 17:00

Day 2: lesson from 10:00 to 17:00

Day 3: lesson from 10:00 to 16:00

Teacher

Master Shen Jin

Course Cost

€195

Accommodation

Three days half-board accommodation in the school: ± €92

Lunch + tea/coffee breaks only: ± €16/day (to be booked at the latest 1 week before course)

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 22 July.

The venue for the accommodation is St. Paulusinternaat, E. De Deynestraat 2, 9000 Ghent.

[Reserve online now for the Taiji 37 course!](#)

E-Mei Meditation - with Shen Jin - (Venue TBC!) 20-24 August

This year Shen Jin will teach parts 11 and 12 of the E-Mei system. Both of these are lying down meditation exercises. It will be only the second time in the last 19 years that Shen Jin will teach these very deep E-Mei meditation techniques.

11. E-Mei You Zi Zhuang - Using the connection between the mind and the dantian to open and clean the channels and meridians with dantian force.

12. E-Mei Ming Zi Zhuang - Using the meditative thoughts of a quiet clear mind to make contact with the organs. It is as if shining the light of the mind in to the body to help to clean the organs. This exercise also helps to make the mind more quiet and clear.

Venue

TBC!

Program

Day 1: (registration from 10:00 to 11:00) lesson from 11:00 to 17:00

Days 2-4: lesson from 10:00 to 17:00

Day 5: lesson from 10:00 to 13:00

Teacher

Master Shen Jin

Course Cost

€300

Tea/coffee breaks €3/day. We may also be able to provide a simple lunch for ± €10/day.

Reservations: buqibelgium@buqi.net

Course in England

E-Mei Daoyin - with Shen Jin (Bristol) 24-27 July

This year in England Shen Jin will teach Xuan Feng Zi Zhuang - or the Whirlwind Daoyin.

The Whirlwind Daoyin benefits the left and right energy channels, vital for all our movement. It also helps clear all the organs - especially lungs and digestive system.

Venue

Ashton Park School

Blackmoors Lane

Bower Ashton

Bristol BS3 2JL

<http://www.ashtonpark.bristol.sch.uk>

Teacher

Master Shen Jin

Course Cost

£ 250

Program

10.00 a.m. - 5.00 p.m. each day

Reservations: buqibristol@buqi.net

Please feel free to contact buqibelgium@buqi.net with any questions regarding the forthcoming courses. We hope to see you on one of these courses soon!

Best wishes,

Will Shaw

Buqi Institute