

Master Shen Jin



Shen Jin was nine years old when she began to study taijiquan and qigong with her father Dr. Shen Hongxun, the founder of the Taijiwuxigong self-healing system, the Buqi treatment system and the

taijiquan Tianshan style.

She graduated in Traditional Chinese Medicine at the Qian Jin College of Continuing Education. By the age of 21 she started to teach and as such became the youngest female master in the history of Qigong. She has been teaching for more than thirty years now.

Shen Jin is the principal teacher and director of the Buqi Institute. She teaches Taijiwuxigong, the 12 E-Mei Daoyin and taijiquan TianShan style (medium and small stance) in several European countries.



BUQI INSTITUTE BELGIUM

Julius de Geyterstraat 80
2660 Anwerp
Belgium

International E-Mei Seminar

12 E-Mei Daoyin

19 - 23 August 2011
Mortsel (Antwerp)



with master **Shen Jin**

BUQI INSTITUTE

The 12 Daoyin of the E-Mei Mountain

E Mei Shi Er Zhuang (The Twelve Daoyin of the E Mei Mountain) is the best Daoyin system. It gives a very complete picture of the ideas and techniques the Chinese have developed in their striving for optimal health.

The E Mei Mountain in the province Sichuan is one of the four most famous mountains in China. There one can find back Buddhist and Daoist temples. In the past many Wushu specialists lived on the E Mei Mountain. For this reason many good Chinese techniques for health and fighting were developed in there. In the beginning of this century people in China divided the Wushu system in three different fractions: Shaolin Pei, Wudan Pei and E Mei Pei. Because of political factors these three fractions all left their mountains. So the development of these techniques for health and fighting stopped on their original mountains. E Mei Shi Er Zhuang is one of them.

Only one book is written about this method. It is dated in 1957 and is written by Zhou Qianchuan. Because he used very high-class classical Chinese only a small number of people can really understand these texts. In this century Zhou Qianchuan is a very important Qigong Master in China. He introduced the E Mei Daoyin system. From 1955 to 1957 Zhou Qianchuan taught the E Mei Daoyin in Shanghai to a small group of students. The difficult text, the fact that the method was never taught to a large group and because he died of political persecution mean that only very few people know the 12 Daoyin of the E Mei mountain.

Shen Jin could not study it with him, because at that time she was just born. But still she was lucky, first because her father studied with him, and second, after the cultural revolution, she had the chance to meet and study the E Mei Daoyin system with an assistant of Zhou Qianchuan, Master Sun Jingtao.

For 30 years she has been teaching Taijiwuxigong. Taijiwuxigong is the best spontaneous movement system and together with its 10 Daoyin it is a very strong method for activating the energy force in the body.

E Mei Shi Er Zhuang is the best traditional daoyin system. Practising this opens the body's energy channels and meridians and improves people's understanding of internal force in the body.

Practical Information

Date: 19-23 August 2011

Time: Friday: registration at 10.00,
course: 11.00-17.00
Saturday-Monday 10.00-17.00
Tuesday 10.00-13.00

Venue: Koninklijk Atheneum Mortsel
sportshall Hof van Riethlaan
2640 Mortsel (Antwerp)

Fee: € 300

Accommodation: A list of hotels and B & B is available upon request.

A confirmation letter and map will be sent to you nearer the date.

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Booking Form
E-Mei Antwerp 19-23 August 2011

Name

Address

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Tel. **Mobile**

Email

- () would like to book for the E Mei daoyin
- () would like to receive a list of hotels and B&B
- () would like lunches (€ 50 for 5 days)

Date **Signature**