What is Buqi®?

Buqi® is a treatment method of Chinese medicine developed by Dr. Shen Hongxun, based on old, almost forgotten knowledge. Dr. Shen was lucky to come into contact with this knowledge at an early age through his grandfather Shen Baotai and Professor Yao HuanZhi. He studied this knowledge and developed it further to a new treatment system, which he called Buqi®. Dr. Shen legally registered the name Buqi®, because through his experience with this therapy he is convinced that this form of treatment is a counterpart to Western medicine. This realisation is based on the great results that are achieved when treating various health problems with Buqi®, including those that can not or are insufficiently treated by conventional Western medicine.

How does Buqi® work?

"First it is necessary to recognize that prolonged poor posture can cause health problems" says Dr. Shen. "A prolonged bad posture combined with a negative emotional state causes constriction in the intervertebral spaces: this is the first vicious circle of origin of disease. The flow of body fluids in this region stagnates, waste and pathogenic factors accumulate and cause pain. We often try to avoid the pain by adjusting the posture, which will further constrict the spine and so on. A second vicious circle is created in the mind by tension, stress and negative emotions: the vicious circle of mental stress. A disturbance of the neurotransmitters in the nervous system occurs, which influences the proper functioning of the nervous system. These two circles interact and reinforce each other. Together they form the double vicious circle of the origin of disease."

Only good Qi?

The Chinese concept of 'Qi' is not always correctly interpreted in the West. Usually it is translated as 'vital energy' or 'life force'. Qi is not only positive, there is also a negative qi, which is called 'Binqi'. Binqi occurs daily in the body as waste products of metabolism and nervous system. A healthy body can naturally get rid of this binqi. However, when the process of the double vicious circle of the origin of disease is in play and blockages arise, the body cannot expel these negative residues. Accumulation of binqi usually happens around joints and in the intervertebral spaces. From there nerves and blood vessels go to related organs, supplying them with impulses and body fluids. It is understandable that a stagnation of binqi will affect the organs and eventually lead to disease. The Buqi® system focuses on the removal of this binqi and correcting posture.

Developing Buqi® force.
First of all, this requires knowledge of the energy flows in the body and the channels through which these happen. We will go over this during the course. In addition, the exercises in the Buqi® system are primarily aimed at developing internal force. This force is needed to stimulate energy circulation and open the channels and their branches where they are blocked by binqi. Internal force is needed to expel binqi from the body. We learn this during the course.

What can be expected from this course?

This advanced course on the treatment and healing system developed by Dr. Shen consists of the following components:
- Lecture on the theory of the double vicious circle of origin of disease;
- Exercises to develop our sensitivity;
- Skills to diagnose ourselves and others based on the principles of the double vicious circle;
- Exercises to break the double vicious circle.

For whom is this course?

This course is open to everyone: professionals, caregivers, patients and healers, therapists, Buqi beginner and advanced students, in short everybody who would like to learn the basis of this effective treatment approach for their own health and the well-being and happiness of others.

A great opportunity.

This course is a great opportunity to study with the founder of the Buqi® Institute International, and to learn the practical exercises of this treatment method directly from him. Dr. Shen will be assisted by his daughter Shen Jin and his son Shen Zhengyu.

Practical:
Dates: 5-9 August 2011
Times:
day 1: registration 10.00-11.00, course 11.00-17.00
day 2-4: 10.00-17.00, day 5: 10.00-16.00.
Tea breaks around 11.30 and 15.30 (15 min), lunch between 13.00-14.15
Venue for the course:
sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Gent.
Venue for sleeping accommodation:
St Paulusinternaat E. De Deynestraat 2.

Course fee: €370, €320 for registered Buqi practioners.
Accommodation: €185 half board (lunch and breakfast incl)
Lunch + 2 tea breaks: €13/day.
Please book at the latest two weeks before the start of the course.
Please note that there is a **limited number of bedrooms**, so if you need a room we advise you to book as soon as possible.