

## Zhineng Qigong (ZQ) Hunyuan Qi (HYQ) Therapy Training

### Success is the Best Mix

**This training and certification process will create the best possible mix to become an effective Health & Well-being Coach based on Hunyuan Qi Therapy and Zhineng Qigong Science:**

- *Profound understanding and studies of the scientific Hunyuan Qi theories & ZQ knowledge*
- *Understanding and applying a huge variety of Qi healing methods*
- *Skills training through ongoing and in-depth practice and working with real clients*
- *Intensive development of your own virtue so you live your fullest potential and you become the best inspiration and contribution to your clients and the different communities you are part of.*

### Our Approach



### Become a certified Health & Well-being Coach based on the teachings from the world's first medicine-less hospital!



The Hua'Xia Zhineng Qigong Training Center, renowned as the first medicine-less hospital in the West, was established by Zhineng Qigong Grandmaster Dr. Pang Ming in the 1980s. He created scientific-proven techniques based on Qigong medicine and Qi Therapy. By learning these methods, students activated their innate self-healing abilities from within. Many of them achieved holistic health with great success. The Qi Therapy Holistic Health system, both complex and simple, has gained official recognition as one of the most effective energy self-healing methodologies in China. In the spirit of the medicine-less hospital, Master Yuantong Liu stands out as one of the exceptionally skilled Zhineng Qigong Masters who successfully imparts profound knowledge, skills, methods, techniques, and practices of Hunyuan Qi Therapy to Western Energy Healers.

Based on a study in the USA, Qigong participation rates have been rising over the past five years. There is a growing interest worldwide in alternative, integrative medicine and holistic self-care practices, and this trend is expected to continue. Some other trends include e.g. mental health, mindfulness, self-care practices, fasting, sleep optimization, holistic wellness, sound therapy, and energy healing. It is our vision to meet this increasing need for a holistic, personalized approach to holistic health as people are seeking integrated pathways, considering improving their health on a mental, physical and emotional level..

Year by year, a growing number of Hunyuan Qi Therapists worldwide are offering self-health care consultations, treatments and sharing effective methods based on Zhineng Qigong Science to their clients on a professional basis worldwide.

Based on Zhineng Qigong Hunyuan Qi Therapy, our training and certification processes create the best possible mix to become a Health & Well-being Coach using the advanced ideas and approaches of Hunyuan Qi Therapy and Zhineng Qigong Science.

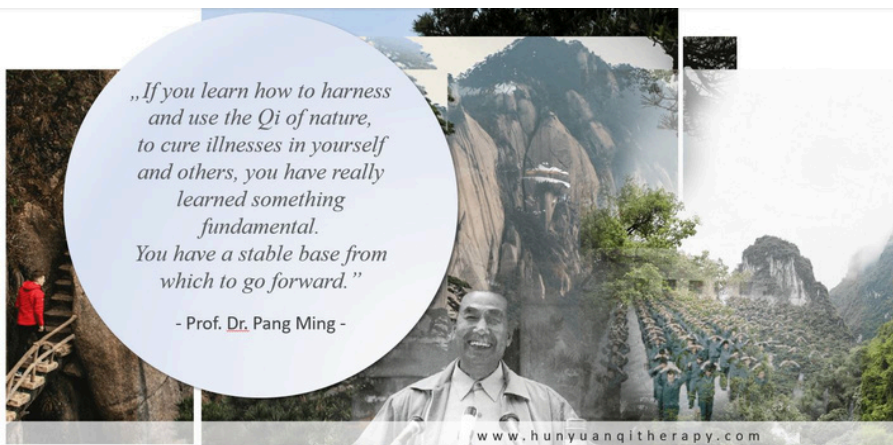
## The training is for you, if you have:

- A passion for learning and achieving the full potential for your own life, transformation, health & well-being and being the best version of yourself
- An overwhelming desire to support, inspire and uplift others in their holistic self-healing journey
- The commitment to embark in a rigorous program that will challenge your current mindset/perspectives/beliefs/frame of reference and enhance your internal Qi while inspiring you to implement new ideas and insights to transform your life and your holistic health practice.
- The yearning to deepen the knowledge of vital Qi energy healing, refine your skills and abilities by expanding your knowledge of how the Zhineng Qigong Hunyuan Theories are used for self-health care management



## Requirements

- *Prior practice of Zhineng Qigong, other Qigong or Energy healing systems is of advantage but not at all a requirement - your open heart and mind is the most important asset for embarking on this program*
- *Commitment to your own Zhineng Qigong | Hunyuan Qi Therapy practice for 1-2 hours a day*
- *Intention to share the power and beauty of Hunyuan Qi Therapy with others*



## Choose your Journey!

There are two ways to participate in this program:

- **Certificate of Achievement:** We award this certificate to those who would like to use the skills, abilities, methods and practices on a professional level and go beyond the fundamental requirements. The exact criteria can be found on our website, e.g. working with real clients.
- **Certificate of Completion:** We award this certificate to those who have met the fundamental requirement of the program e.g. participating in all training modules, without additional criteria.

Depending on your personal and career goals, one option may be better for you than the other. If you think about integrating the theories and methods you learn throughout the practice into your professional career, we advise the certificate of achievement.

## How does it work?

*The flexible curriculum allows you to join the program at any time and create your own study plan, deciding yourself when to participate in what module and allowing for total flexibility. Create a study plan that suits your individual study requirements.*

### **Included in the program are:**

- 2 on-site modules
- 3 live online modules
- 4 self-study modules

**The certification and completion process is endorsed by Master Yuantong Liu and the Life Qi Centre in Meishan, China.**

Find more information on our dedicated Certification page:

<https://hunyuanqitherapy.com/certification/>



## Application:

We have certain online and in-person modules starting in specific months, we advise you to register before :

**March 1, May 1, September 1, or December 1**

**Book a consultation with Britta**  
to discover what your personal Hunyuan Qi Therapy journey could look like

<https://hunyuanqitherapy.com/hunyuan-qi-therapy-qa-session/>

We look forward to helping you explore how our program can benefit your life

## ON-SITE MODULES

- **May - Module On-Site 1: Foundation**
- **Venue: Cyprus (EU)**
- **October: Module On-site 2: Completion & Certification**
- **Venue: Europe e.g. Cyprus (EU)**
- *Each module's training days over 2 weeks, including morning and evening practices, sightseeing days and free time*

## ONLINE MODULES

- **March "Hunyuan Qi Therapy Fundamentals"**
- **September "The Five Immune Systems in Zhineng Qigong"**
- **December "Ancient Wisdom – Zhineng Qigong Level 1"**
- *Each module's training days over a period of 3 weeks  
Fri (2 hrs), Sat (3 hrs), Mon (1,5 hrs) and Wed (1,5 hrs)*

## SELF-STUDY MATERIALS

- **Multi-media packages including Audio, Video and reading material – to be enjoyed in your own time and space**
- What is true health?
- Zhineng Qigong Level 1
- The power of consciousness
- The meridian system of the body

**Please refer to our website for more details and concrete dates:**

<https://hunyuanqitherapy.com/the-programme/>

## New Book Release: A Great Companion to Your Hunyuan Qi Therapy Program Journey



BY CO-FOUNDERS OF THE HUNYUAN QI THERAPY PROGRAM

**Master Yuantong Liu  
& Britta Stalling**



BOOK AVAILABLE ON AMAZON



## Your Trainer and Coaches



### Master Yuantong Liu

Master Yuantong Liu has engaged in Zhineng Qigong Hunyuan Qi Therapy healing and teaching for more than 30 years. He successfully accomplished the rigorous teacher's program in the Zhineng Qigong Hua Xia Qigong Center - known in the West as the first „medicine-less hospital of the world“ (near Beijing) under the guidance of Dr. Pang Ming. He continued to work closely with Dr. Pang Ming for 10 years. He has supported the healing of thousands of people. Among other things, people healed from mental, chronic and terminal illnesses. He teaches the principles of Zhineng Qigong Healing in his own Qigong Center in China, as well as in Europe, the USA, Mexico, South Africa, Indonesia and Malaysia. His commitment to traveling globally is based on his vision to share the wisdom, power and benefits of Zhineng Qigong Hunyuan Qi Therapy with as many people as possible. Healing, inner wisdom, balance, increased self-awareness, trust and confidence in sharing the healing methods with others are concrete results of studying and learning from Master Yuantong Liu.



### Britta Stalling

The Zhineng Qigong Hunyuan Qi training and certification process will be coordinated and co-facilitated by Britta Stalling. She works together with Master Yuantong Liu since 2011. For more than 15 years, she has studied, practiced and taught different self-healing & self-empowering methods as well as Zhineng Qigong Hunyuan Qi Therapy principles in South Africa, China and Europe. She has been trained by some of the most advanced International Coaches & Trainers from the USA and Europe, as well as by different Zhineng Qigong Masters from China. She is also a certified Coach (Coaching for Results), NLP Master and Psych-K Facilitator. She enjoys passing on her knowledge and experience in an authentic and inspiring way to clients of various nationalities and cultural backgrounds.

**Together, they look forward to assisting you to become the best Hunyuan Qi Therapist to support you in living your fullest potential and to be the best contribution to others.**

## Food For Thought

### **The future of wellness in 2030**

According to McKinsey Research (July 2021), consumers are spending more on wellness than they ever have before. Wellness is now a \$1.5 trillion market globally—and it's growing at a clip of 5 to 10 percent each year. The most appreciated wellness categories are: health, fitness, nutrition, appearance, sleep, and mindfulness.

*“We cultivate our own life energy through accessing nature's great store of life energy (Qi). This approach produces quick results. But cultivating one's Qi is not the most fundamental; cultivating one's spirit is. Mastery of Qi is really achieved through mastery of consciousness. We use consciousness in a careful, craftsman-like way, to shape our life, to attain our goals. If we use modern terminology to name this process, we call it Qigong...” “...in modern terms, Qigong is the refinement of consciousness to enhance the state of energy in the body. This leads to vibrant health, a harmonious body and mind, and an awakened spiritual life.”*

**-Dr Pang Ming**, Founder of Zhineng Qigong Hunyuan Qi



### Information and registration

#### **Britta Stalling:**



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