



ZHIGONG  
INSTITUTE

## MASTER YOUR HEALTH!

Join us on the journey of health,  
happiness and inner wellbeing

In 2020 we introduced the concept of complete Health to you in our 'Health Gong' webinar series. We merged with the different levels of our human awareness, reclaiming the brilliant subtlety of our senses, refining the psychomotor balance, and developing emotional tolerance to embody and enjoy the freedom of our True Self. As the journey is still ongoing we invite newcomers to join and the advanced group to continue this special experience with us. Let's be aware of the huge chance we have right now to keep the energy of this momentum going and contribute to creating and maintaining a balanced Qifield both inside and outside.



## WHY SHOULD YOU COME ON THIS JOURNEY WITH US?

- You want to deepen your understanding of the basic and advanced principles of Zhineng Qigong on a practical and theoretical level.
- You want to increase the awareness of creating new pathways and ways of living in our current society.
- You want to improve your understanding of the entirety theory developed by Dr. Pang Ming.
- You are prepared to repeat and deepen the movements of the Health Gongs to enter a deep state of meditation in which you have a great chance to transform old patterns.
- You want to have access to valuable written and visual material to share with your family, friends and students.

### **Master Yuantong Liu and the team of the Zhigong Institute**

will create a powerful Qifield to provide access to the information field of Zhineng Qigong Science. Regardless of whether you are a beginner or advanced student, we will make sure that you will get exactly what you need at this moment in your life to progress. We will take you on a unique journey to maximize your potential so that each of us can contribute to the positive development of everyone and everything in the universe.

In this program we will practice Health Gongs Volume 1, 2 and 3. The Health Gongs embody the principles of the first three levels of Zhineng Qigong. All Gongs have the purpose of deepening the understanding and promoting the unification of Jing, Qi and Shen.

The webinars will be a balanced mix of body exercises and lectures. And as you know we will make sure that you stay in a relaxed and harmonious state during the webinars to be connected with a calm and peaceful heart and mind.

### Participant feedback about our Health Gong Webinars

"The Health Gong really succeeded in transforming our practice and awareness to a whole new level. Awesome to be part of this experience!"

"I once again experienced the practice as wonderful and deepening. I love that you are challenging us to take the back and side roads instead of the main road. I myself benefit a lot from this and it helps me to find my own form."

"A very intensive experience with so much information that I have spiritual food for the coming months! I didn't expect the qi field of the group to be so strong in an online workshop. I really experienced being included as a part of the whole!"

"Being in the moment, letting go, keeping the awareness within yourself... I heard these phrases so often and wondered how to do that? During the Health Gong webinars it happened naturally. I am very grateful for this unique experience!"

"Health Gong level 2 is a great Gong practice, because it includes physical movement of the head, chest, and hips from the Body and Mind method, continues with Enjoy self-Awareness method, which includes all joints, and finishes with Holding the Body Qi field. Using the Yi Yuan Ti with this practice really gives me insight into the mind and body and provides great opportunity for progress."

"Still learning new things after more than 10 years of training in Zhineng Qigong. You never stop learning and experiencing. Even though online I could feel the strong Qifield during this webinar. So beautiful. Enjoyed it very much and it gives me lots of new information to think about and practice with."

"It was a great experience to practice online with a big group. I felt embraced and supported throughout the whole day. I loved the teamwork of the teachers and the spirit they spread in the field."

## DATES, TIMES AND ADDITIONAL INFORMATION

### Volume 1: Mastery of the basic principles

Discover the inner landscape 19 – 21 FEB 2021

**Theory:** The importance of Health, The benefit of using a powerful life intention. The three levels of meditation and their application in the Zhineng Qigong practice. The importance of being in a unified and relaxed state.

**Practice:** Health Gong Volume 1, simple exercises to exchange Qi

### Volume 2: Mastery of the advanced principles

Travel through your inner landscape 27 – 30 MAY 2021

In balance with Qi - mental, emotional and physical health

**Theory:** The unification of Jing, Qi and Shen. Deepening the theory of mental, emotional and physical health. The importance of being connected to the universal resources of Qi.

**Practice:** Health Gong Volume 2, Caterpillar Movement, simple exercises and meditations to induce the Qi deep into your body

### Volume 3: Mastery of the entirety

Illuminate your inner landscape 5 – 8 AUG 2021

**Theory:** How to actively work with the Hun Yuan Palace. Balance your emotions to strengthen the Qi of your organs and harmonize the hormone system. The importance of actively working with the entirety of your being to understand the purpose of your life.

**Practice:** Health Gong Volume 3, combine movements, chanting and mudras to activate the Qiflow of the inner organs

#### **Time:**

All days from 3 – 5 p.m. CEST – Central European Standard Time (Amsterdam)

#### **Records:**

A video recording will be available to anybody who has registered.

#### **Costs:**

All 3 modules: € 369, - for 33 hours online teaching.

Separately: module 1: € 110,- ; module 2: € 145,- ; module 3: € 145,-

**Location:** Zoom (online)

**Target audience:** The worldwide Zhineng Qigong community

**Teacher:** Master Yuantong Liu and the team of the Zhigong Institute

**Languages:** English and Spanish

