



Life Qi Center



BODY & MIND
FACTORY

LIFE CHANGER

The power and well-being from within

*Cutting edge knowledge, skills and effective practices for
nourishing holistic health, well-being and strengthening the immune
system in challenging times*

Equally suitable for beginners and advanced students

Join from the comfort of your home and learn from one of the world's
leading Qigong Master Yuantong Liu from Meishan, China.



Master Yuantong Liu and Britta Stalling share with you some
amazing Chinese secrets of Vital Qi Energy to
bring new inspiration, motivation, regeneration and recovery into your life!

**Fundamental theories and practices of
Zhineng (Wisdom) Qigong Science Level 1**

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If you miss any of the scheduled sessions,
we will provide with you the essentials of presentations and practices



Fundamental theories and practices of Zhineng Qigong Science Level 1



Start: June 5, 2020

Discover new ways of being relaxed and joyful while celebrating abundant health from deep within by:

- Staying cool, calm and collected even when the world you have known up until now is tumbling down
- Focusing on opportunities and gratitude during times of crisis, discomfort and confusion
- Going even deeper inside into the home of your own heart and mind to ignite ideas and solutions from deep within for the next steps in your life
- Experiencing real inner peace and joy, mental strength and stability
- Igniting trust and relaxation to become even stronger than ever

Focus and Content:

The „Hold Qi Up and Pour Qi Down“ method (Peng Qi Guan Ding Fa) is the foundation of Zhineng (Wisdom) Qigong and practiced by millions of people worldwide. It's a perfect approach for prevention and activating the self-healing abilities of your body. It also promotes improved awareness, inner wisdom, better life choices, utilizing more of your potential, and falling in love with your true-self to live the life you love!

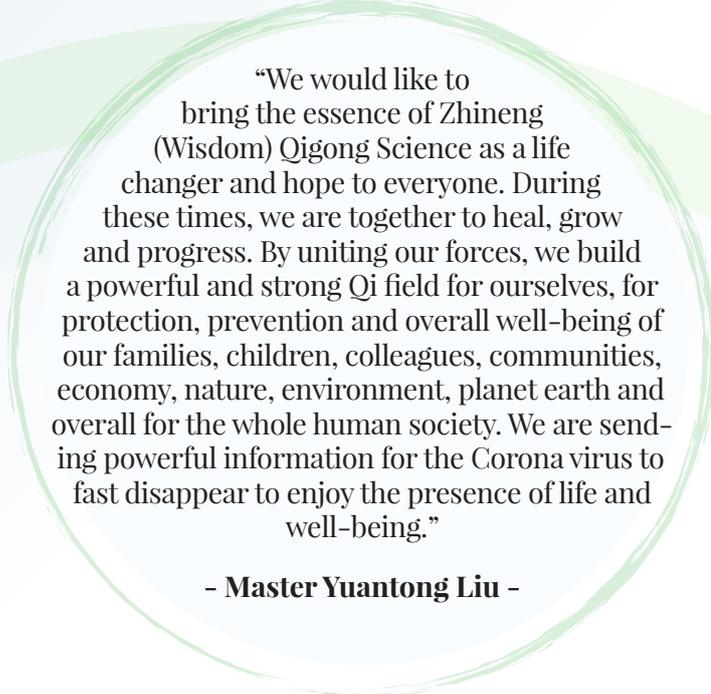
One characteristic of this practice is that the mind and Qi integrate into one and you use your mind consciousness to induce Qi. Slow, gentle, relaxed, meditative movements are combined with the mind's consciousness and visualizations to induce the internal Qi to move outward and external Qi to be absorbed inwardly. The exchange of external and internal Qi through nourishing the body's membrane contact system is enhanced and harmonized. This method is very effective to collect and gather Qi. While the quality and quantity of your bodily Qi improves, the pathways linking you to the universal Hunyuan Qi are opened.

The method is very easy to learn and yet super effective. It can also be practiced by people with physical limitations, as the use of the mind is more important than the perfection of the movements.



Through regular practice of this highly effective method for self-health care management, you may achieve

- Activating the self-healing abilities of your body
- Strengthening your immune system and prevent illness
- Improve body and organ's functions
- Support the Qi flow and transformation
 - within the body
 - internal and external Qi (Open Qi pathways)
 - Enhance internal Qi and improve storage of internal Qi
- Increase vitality, physical & mental strength, emotional balance
- Harmonious relationships with others, nature and yourself
- Increased inner peace and joy, calm and relaxed state of being
- Develop paranormal abilities
- Increase your overall life quality
- Improve awareness and ability to allow your true-self to express itself
- Promote clarity and wisdom, enhance creativity and your potential

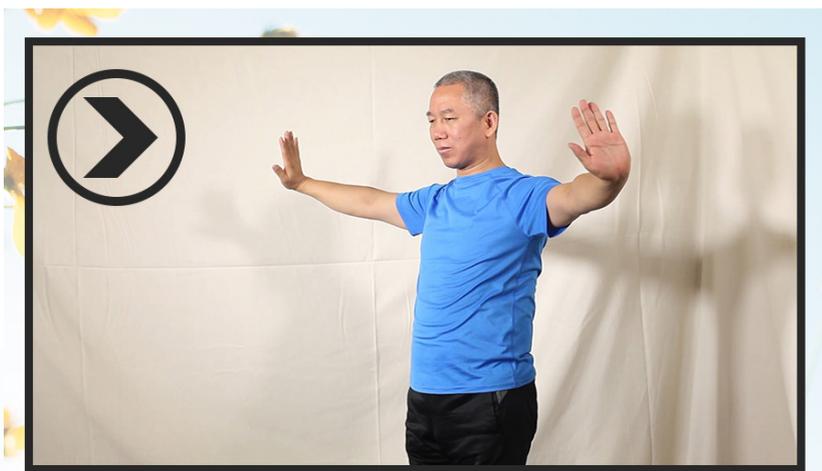


“We would like to bring the essence of Zhineng (Wisdom) Qigong Science as a life changer and hope to everyone. During these times, we are together to heal, grow and progress. By uniting our forces, we build a powerful and strong Qi field for ourselves, for protection, prevention and overall well-being of our families, children, colleagues, communities, economy, nature, environment, planet earth and overall for the whole human society. We are sending powerful information for the Corona virus to fast disappear to enjoy the presence of life and well-being.”

- Master Yuantong Liu -

We will share these powerful practice methods with you, which you can choose to incorporate in your own daily practice routine:

- Explanations and practice of all 5 sequences of the “Hold Qi Up and Pour Qi Down” method
- How to prepare the practice and build a powerful Qi Field
- Basic information about the body posture and relevant acupuncture points
- Practice recommendations:
 - Three level of practices
 - Open and close transformation law
 - Three Centers Merge Standing meditation
 - La Qi meditation – new ideas how to practice effectively, in different ways and postures and using a different focus





Timing: You will receive your full schedule upon registration:

Fundamental theories & practices of Zhineng Qigong Science Level 1

Online Web conferences on the week-ends:

June 5, 6, 12, 13, 19 and 20

All Fridays 16h00 - 18h00 (CEST - Berlin, Amsterdam time - UTC+02:00)

All Saturdays 15h00 - 18h00 (CEST - Berlin, Amsterdam time - UTC+02:00)

Plus optional practice sessions Mondays and Wednesdays:

June 8, 10, 15, 17 + 22

All Mondays 17h00 - 18h30 (CEST - Berlin, Amsterdam time - UTC+02:00)

All Wednesdays 16h00 - 17h30 (CEST - Berlin, Amsterdam time - UTC+02:00)



Bonus session:

Tuesday, June 23: What is true health? 17h00 - 18h30 (CEST - Berlin, Amsterdam time - UTC+02:00)

Link to a time zone converter: <https://www.worldtimebuddy.com/>

Total hours: 24 hrs

Investment:

240 Euro

Participation Fee includes:

- Live Theory and Practice Sessions on Fridays and Saturdays online via Zoom
- Practice Sessions on Mondays and Wednesdays
- Informative and interactive E-Book: "Zhineng Qigong Science Immune System - how to strengthen and nourish it" and "Chinese Sport Health-building Methods - First level of the dynamic method of Zhineng Qigong: Hold Qi Up Pour Qi Down Method"
- Includes video download of a complete set of videos of the Lift Qi Up Pour Qi Down Method
- If you miss any of the scheduled sessions, we will provide with you the essentials of presentations and practices. Please note, that this might take some time before we are able to share them with you.



Added value for you:

Receive download access to a complete set of videos to learn or improve all movements of the Lift Qi Up Pour Qi Down Method

Features:

- 10 step by step learning videos
- Use of different camera angles to show all movements in detail
- Subtitles in English for better understanding
- Extra-large text so you can practice in front of your computer
- Comprehensive bonus material
- Taught by one of the most reputable Zhineng Qigong Masters worldwide
- Download to your computer or mobile device to be viewed anytime, anywhere.

What others say...

... Participants share their experiences on previous online sessions:

“There is no end to the amazing benefits that we receive so abundantly and all from your guidance and encouragement. It is also very special to connect each week with everyone knowing we are all on the same path of upliftment not only for ourselves but also for the whole world of humanity. May this upliftment spread all around the world for everyone to enjoy its positive benefits. Hao La!”

“What Master Liu and Britta have been sharing is absolutely life changing. (...) It is good to be part of this Qi field and know that we are not alone.”

“Thank you for sessions I find to be very beneficial, effective and practical. Thank you for your effort and commitment, the opportunity to continue working with the meditations is great and I am very grateful for it.”



About Zhineng Qigong Master Yuantong Liu

Master Yuantong Liu has been engaged in Zhineng Qigong Hunyuan Qi Therapy healing and teaching for more than 30 years. He successfully accomplished the rigorous teachers 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 sharing the essence of Zhineng Qigong Science globally is based on his vision to allow as many people as possible to benefit from the wisdom, beauty and easy, yet effective tools of this scientifically proven self-healing art. Healing, inner wisdom, balance, increased self-awareness, trust and confidence are concrete results of studying and learning from Master Yuantong Liu.



About Zhineng Qigong Teacher Britta Stalling

This unique online offering is coordinated and co-facilitated by Britta Stalling and her team. For more than 20 years, Britta has studied, practiced and shared different self-healing & self-empowering methods as well as Zhineng Qigong Hunyuan Qi Therapy principles. She is teaching and sharing Zhineng Qigong and Hunyuan Qi Therapy internationally, e.g. in South Africa, China, the USA and Europe since 2006. Britta works together with Master Yuantong Liu since 2011. She has been trained by some of the most advanced International Coaches & Trainers from the USA and Europe, as well as by different ZQ Masters from China. Britta has gained unique experiences as a certified Coach and leadership trainer in an international training organization focussing on leadership development and leadership skills. When she moved to South Africa, she developed and set up an In-house Training Academy in a BPO company. Britta is valued by her clients of various nationalities and cultural backgrounds for passing on her knowledge in an authentic and inspiring way.