



5 - 23 September, 2026
Tianshi Hall at Taoism Mt. Qingcheng

ZHINENG QIGONG

Level 1 Teacher's Certification



About Master Yuantong Liu

Master Yuantong Liu has been engaged in Zhineng Qigong Science and methods training and teaching for more than 40 years. He successfully accomplished the rigorous teachers program in the ZQ Hua Xia Qigong Center - known in the West as the first „medicineless 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 shared Zhineng Qigong methods and Science as well as Qigong medicine with thousands of people. Among other things people healed from mental, chronic and terminal illnesses. He teaches the principles of Zhineng Qigong in his own Qigong Center in China, as well as in Europe, the USA, Mexico, South Africa, Indonesia and Malaysia. He is also the co-founder of the international Hunyuan Qi Therapy program, the Masterclass Training and the Consciousness Development Program. Healing, transformation, inner wisdom, balance, increased self-awareness, trust and confidence in sharing the Zhineng Qigong methods with others are concrete results of studying and learning from Master Yuantong Liu.

The Life Qi Center is very happy to announce an amazing opportunity for you in September 2026.

If you aim to take your Zhineng Qigong practice and teaching skills to another level, we welcome you to our Level 1 Teacher's Certification Training from 5 - 23 September 2026, Tianshi Hall at Taoism Mt. Qingcheng.

ZHINENG QIGONG LEVEL 1 TEACHER'S CERTIFICATION TRAINING

Deepen your understanding and studies of the scientific Zhineng Qigong Level 1 theories, knowledge, methods and tools. All of the focus areas stated on page 2 will be shared so that you improve your own practice and meditation level and at the same time gain a strong theoretical foundation for your teaching skills.

Master Yuantong Liu will ensure personal guidance, feedback and individual corrections. As a result you will feel confident and know how to practice, demonstrate and share these powerful approaches to individuals or to small and large groups.

A Zhineng Qigong Level 1 Teacher's Certification Training certificate by Master Yuantong Liu is provided after completing the training.

FOCUS AREAS OF ZHINENG QIGONG LEVEL 1

TEACHER'S CERTIFICATION TRAINING



Learn how to teach, share and practice:

- Regulate your Body Posture
- Adjusting your mind practice
- Deep understanding the meaning of Eight verses with meditation
- Lift Qi Up Pour Qi Down Method
- La Qi
- Chen Qi
- Three Centers Merge Standing Meditation
- Power of Consciousness
- Open Meridians Method
- 9 Palaces and 13 Gates skills practice
- Rolling the spine (Scrolling) and Wall Squats
- The skills and methods of organizing a Qi field
- Hunyuan Qi, Hunyuan Qi Field, YYT theories
- New Point of Life & Awakening True Self
- Body and Mind Method (for your own practice)

Additionally, in the Teacher's Certification Training, you will dive into:

- The skills and methods of organizing a Qi field, specifically, for teaching, healing and progress
- Structure, content and delivery aspects of an individual session and group workshops

Via the training you will make great progress in the following areas:

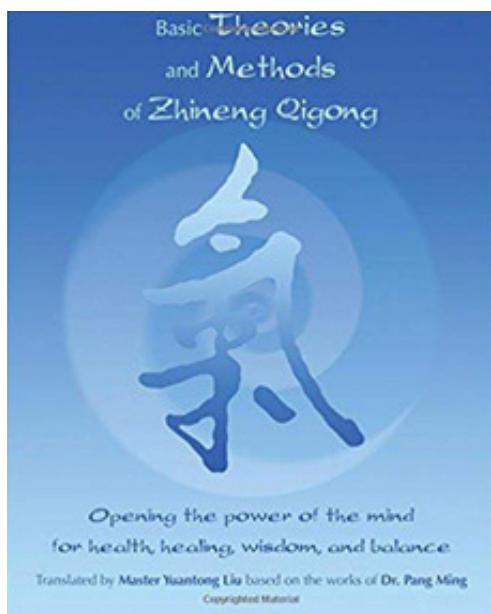
- Deep understanding and knowing how to practice and teach (optional) Zhineng Qigong Level 1 very well
- Experience a strong progress in your practice level
- Enjoy how your mind gets more clear, bright, calm, focussed and peaceful
- Observe how your emotions enter a peaceful and quiet state and your inner happiness is raising up. As a result, you will always feel the inner joy no matter what is happening.
- Be in awe, how your physical body gets stronger then ever before!
- Allow the Qi of your meridians to flow more smoothly and freely
- Recharge your Dantian Qi
- Personal practice schedule, mentoring and coaching through Master Yuantong Liu



APPLICATION AND INFORMATION FORM

Register by providing us with your personal details:

Full Name:	
Street:	
City Zip Code Country:	
Home Phone:	
Cellphone:	
E-mail:	
Contact in Emergencies:	
Relationship:	
E-mail:	



Results you will achieve

Become a passionate, confident, compassionate, certified teacher convincing through an authentic presence with enthusiasm, knowledge and profound practice experience

Requirements

- Practice Zhineng Qigong Level 1 for at least one year
- Commitment to deepen your practice and understanding of Zhineng Qigong Science and Qigong medicine
- Intention to share the power and beauty of Zhineng Qigong Science with others

Application and Contact Details

Please complete the form and email it to: lifeqicenter@yahoo.com
We will come back to you asap with further details about this unique program.

Master Yuantong Liu - Life Qi Center
No.140 Nansanduan Hubin Road, Waitan Fengjing, Meishan 620010,
Si-chuan China

lifeqicenter@yahoo.com - www.lifeqicenter.com
Tel: + 86 130 5660 1535

Please fill in your Qigong Information

How long have you been studying ZNQG? Who are your teachers?	
What other Qigong training have you practiced? Who were your teachers?	
If you have studied Qigong previously, please describe your current practice (what methods and how much time you practice each day)	
Are there health problems you want to work on?	
What do you feel is your next step of practice?	
What would you like to learn during this retreat?	
What other forms of energy work have you studied? How long? Reiki, yoga, meditation?	

Your investment:

1.920 USD incl. accommodation in Standard double room, meals and all instructions and certification processes

Standard Single room:
supplement: 260 USD

Payable via Bank Transfer

Industrial and Commercial Bank of China
Bank Address: No.81 Sansu Road, Meishan 620010 Schuan, China Tel: +86 28 3810 9221
BIC: ICBKCNBJSCN
Name: LIU ZHI JUN
Account Number: 622202 2313 004277740

or via Transferwise

- Go to: www.wise.com
- Select "Send Money"
- Enter the amount in USD or Euro
- Select CNY (Chinese currency) for the recipient
- On the next page enter the Full name: Liu Zhi Jun
- UnionPay Card Number: 622202 2313 004277740

If you are asked for an address, please use:

Country: China
City: Meishan
Address: No. 154 of Hunbin Road
Postal Code: 620010

Then confirm and follow the instructions on how to arrange the transfer!

"Our life Intention is like a teacher, who supports us to live our life in an upright way. It helps us to transform darkness into light, living and enjoying the bright side of our life."

- Master Yuantong Liu

