



混元靈通
乙未 歲次

September 20 - October 10, 2020
Training & Certification **Online**

ZHINENG QIGONG

Level 2 Teacher's Certification or Biguan Training



About Master Yuantong Liu

Master Yuantong Liu has been engaged in Zhineng Qigong Science and methods training and teaching for more than 30 years.

He successfully accomplished the rigorous teachers program in the ZQ 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 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.

TWO OPPORTUNITIES ONLINE

The Life Qi Center is very happy to announce two amazing opportunities for you in September / October 2020.

If you aim to take your Zhineng Qigong practice to another level, we welcome you to our online training via Zoom **from 20 September - 10 October 2020**

*****Please note that due to ongoing travel restrictions worldwide, this training program will no longer be taking place in the Qingcheng Mountains and be offered online instead*****

either

ZHINENG QIGONG LEVEL 2 TEACHER'S CERTIFICATION TRAINING

Deepen your understanding and studies of the scientific Zhineng Qigong Level 2 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.

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 2 Teacher's Certification Training certificate by Master Yuantong Liu is provided after completing the training.

or

A POWERFUL BIGUAN TRAINING

In 2018, Master Yuantong Liu spent 2 months in the Daoist Temple in Mt. Qingcheng for his own Biguan practice. During this dedicated practice time, he would only have one vegetarian meal per day for lunch. He had many amazing and powerful experiences, which he will share with you so you can benefit from them. He will be your guide and mentor for your own Biguan practice.

While receiving individual guidance of Master Yuantong Liu for your special, dedicated and personal practice plan and schedule, you will develop your own virtue and increase your Kongfu level.

Be ready to live your fullest potential expressing a meaningful life and your life's purpose.

FOCUS AREAS OF ZHINENG QIGONG LEVEL 2 TEACHER'S CERTIFICATION TRAINING



Learn how to teach, share and practice:

- Body & Mind Method
- Detailed instructions and deep practice of all 10 sequences
- Practice effectively by yourself
- Learn how to teach and guide others through each sequence
- Tapping along the meridian channels
- 7 star meditation
- Hunyuan Qi, Hunyuan Qi Field, YIT theories
- Aspects of Self-health-care management from a Zhineng Qigong Science perspective
- The three ways to teach
- Structure, content and delivery aspects of an individual session and group workshops
- Qi reactions
- YIT Healing meditation
- Power of Consciousness
- New Point of Life & Awakening True Self Training

The “Body & Mind” method is the second level of Zhineng Qigong and focuses primarily on the development of the internal Hunyuan Qi.

It includes ten sequences of movements and visualizations, which help the Qi to harmonize ligaments, muscles, bones and joints in various parts of the body, literally from head to toe. The exercise facilitates the movement and distribution of Qi into the periphery of the body. Stagnant Qi starts to flow again, even in parts of our body which are rarely activated and moved e.g. shoulder blades, hips, ribs and vertebrae.

The energy flows freely from deeply inside towards the very ends of the body, e.g. tips of fingers and toes. Tension in muscles and joints are dissolved. The body gets stronger and more beautiful. The energy flows harmoniously through the meridian channels. The body is regenerated.

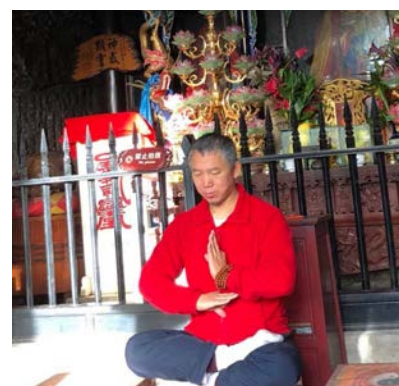
The exercises also strengthen focus and concentration and according to Dr. Pang Ming improve one's intelligence. If you exercise the Body & Mind method regularly, you will get deeper and deeper into Qigong.

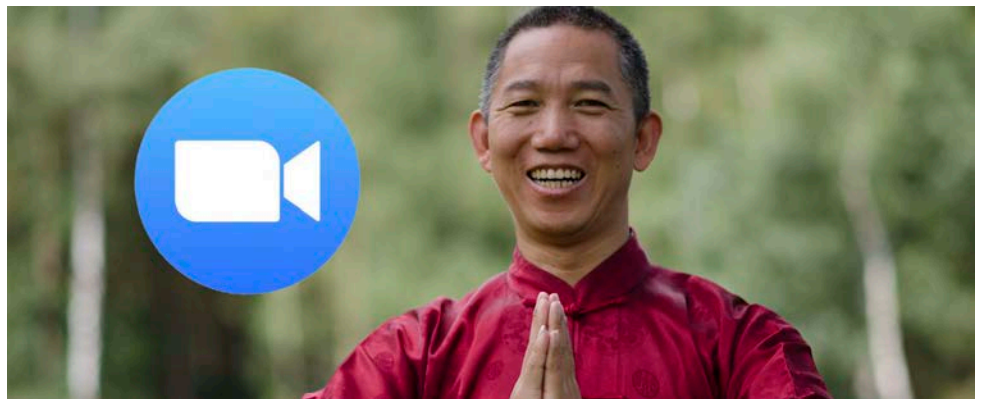
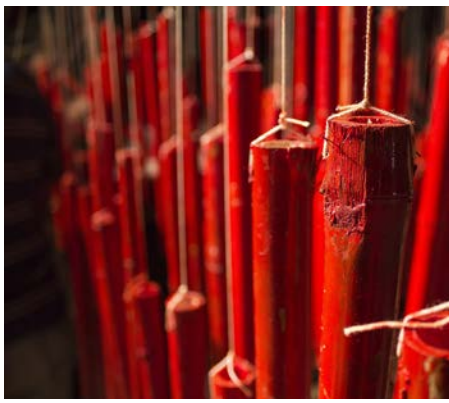


Unlike Zhineng Qigong Level 1, each sequence of the “Body & Mind” can be practiced isolated and individually. The movements are often initially perceived as tense and demanding, but the inner Qi is activated quickly and effectively. Over time, the movements are more smooth, relaxed and flowing; the mind becomes calm and you start to feel the unity of body and mind from deeply inside. Vitality and strength are significantly strengthened.

FOCUS AREAS OF BIGUAN (MONASTIC) PRACTICE TRAINING

- 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

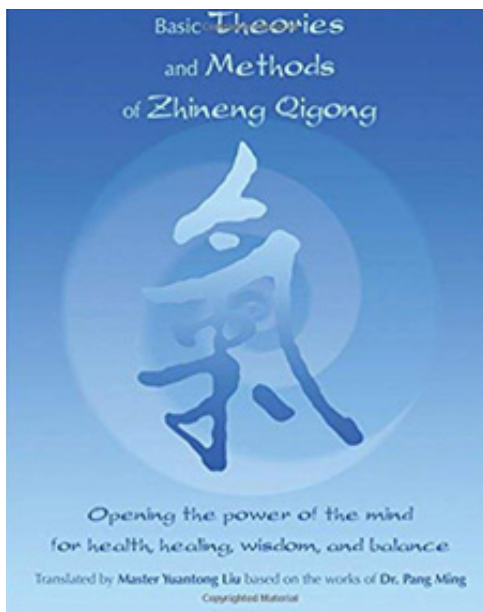
- Please tick the box -

Zhineng Qigong Level 2 Teacher's Certification Training

Biguan Training

Register by providing us with your personal details:

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



- Recommended Book -

Results you will achieve

- **Bi Guan Training:**
 - Increase your own Kong Fu
 - Practice like a Qigong Master
- **Zhineng Qigong Level 2 Teacher's Training**
Become a passionate, confident, compassionate, certified teacher convincing through an authentic presence with enthusiasm, knowledge and profound practice experience

Requirements

- Practice Zhineng Qigong for at least one year
- Commitment to deepen your practice and understanding of Zhineng Qigong Science and Qigong medicine
- **For the Teacher's training:**
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: lifegqcenter@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, Sichuan China

lifegqcenter@yahoo.com - www.lifegqcenter.com
Tel:+ 86 130 5660 1535 - Skype: lingtong999

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:

900 USD | 800 Euro

Payable via Bank Transfer

Full name: Xue Xiu Chun
UnionPay Card Number:
6217863100001885316
If you are asked for an address, please use:
Country: China
City: Meishan
Address: No. 154 of Hunbin Road
Postal Code: 620010

or via Transferwise

Go to: <https://transferwise.com/invite/u/torsten150>

- Select "Send Money"
- Enter the amount in USD or Euro
- Select CNY (Chinese currency) for the recipient

On the next page enter as follows:

- Full name: Xue Xiu Chun
- UnionPay Card Number:
6217863100001885316

If you are asked for an address, please use:

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

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 -

