



# ZHINENG QIGONG

## Level 1 Teacher's Certification or Level 1 Advanced



### 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

### Your unique choice: Become an excellent Teacher Or Advance in your dedicated practice

The Life Qi Center is very happy to announce an amazing opportunity for you: If you aim to take your Zhineng Qigong practice to another level - either becoming a skilled teacher or enhance your own Gong Fu -, we welcome you to the **Tian Shi Hall Daoist Temple in the Qingcheng Mountains, China from 20 Sept - 7 Oct for**

### Zhineng Qigong Level 1 Teacher's Certification Training Or Advanced Training

Deepen your understanding and studies of the scientific Zhineng Qigong 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 at an advanced level. If you choose the teacher's certification training, you will be able to demonstrate and share these powerful approaches to individuals or to small and large groups. This option provides you with a teacher certificate by Master Yuantong Liu after completing the training.

Tian Shi Hall area Energy Field is a powerful natural energy field in Daoism Mt. Qicheng. When you enter to Tian Shi Hall, you will immediately experience that nature Qi passing through your body and get good nourishment as you enter the Qi-Ocean!

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.

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.

混元靈通  
2024年 9月

## Focus areas Zhineng Qigong Level 1 Teacher's Certification and Advanced Training

Learn how to practice at an advanced level:

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



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



## Daily Schedule

- Early Morning: Free
- Breakfast: 7:30
- Morning class: 9:00 – 11:30
- Lunch: 12:00
- Afternoon Class: 14:30 – 17:30
- Dinner: 18:30
- Evening Practice: 19:30 – 20:30

## Application and Information Form

- Please tick the box -

**Zhineng Qigong Level 1 Teacher's Certification Training**

**Level 1 Advanced Training**

Register by providing us with your personal details:

Full Name:	
Street:	
City   Zip Code   Country:	
Home Phone:	
Cell Phone:	
E-Mail:	
Skype:	
Contact in Emergency:	
Relationship:	
E-Mail:	
Phone:	

### About the location

Honored as World Cultural Heritage, Mount Qingcheng is one of the famous cradles of Taoism and holy land in China. It is named for the location in green and quiet forest throughout the year, which also wins its reputation of Mount Qingcheng being the most secluded Land in the World.

#### Accommodation and Training

**Venue:** Tian Shi Hall Daoist Temple in the Qingcheng Mountains, Sichuan Province

Airport: Chengdu, China

### 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

Please fill it out and email it to:

lifeqicenter@yahoo.com

We will come back to you asap with further details about this unique program.

We look forward to assist you to become the best HunYuanQi Therapist to support you in living your fullest potential and to be the best contribution for others.

### Contact Details

**Master Yuantong Liu**

#### Life Qi Center

No.140 Nansanduan Hubin Road,  
Waitan Fengjing  
Meishan 620010 - Sichuan China

lifeqicenter@yahoo.com

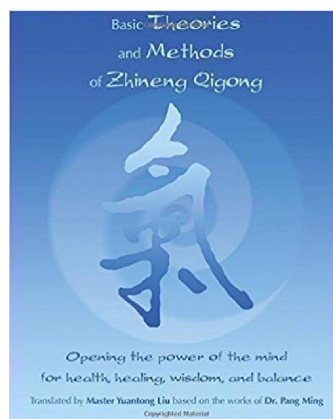
www.lifeqicenter.com

Tel:+ 86 130 5660 1535

Skype: lingtong999



Entrance Daoist Temple



Recommended Book

### Your investment:

USD 2.180 incl. accommodation in **Superior double room**, meals and all instructions and certification processes

**Standard double room:**  
USD 1.920

**Superior Single room**  
supplement: 360 USD

**Standard Single room**  
supplement: 260 USD

### Banking Details

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:  
6222022323004377740

### Alternative via Wise:

- Go to: [www.wise.com](http://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: 6217863100001885324

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!

### 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?	

### Medication & diet information

The food in this area is very fresh, without preservatives and additives, so your digestion will probably improve, but please tell us if you have any serious food allergies or dietary requirements.	
Are you currently taking any prescription medicine? Please be sure to bring this and continue with your doctor's program during the retreat. Do you need any special accommodations?	