

Weekplan with Professor Zhang 27.8.2019 - 2.9.2019



中国武术学院
China Wushu Institut

Tu 27.08.	We 28.08.	Th 29.08.	Fr 30.08.	Sa 31.08.	Su 01.09.	Mo 02.09.	Time
	private Coaching 01	private Coaching 07	private Coaching 13	E-Mei 5 Organs Qigong	24 Jie Qi Qigong – Focus on Autumn		9-10 AM
	private Coaching 02	private Coaching 08	private Coaching 14				10-11 AM
	private Coaching 03	private Coaching 09	private Coaching 15				11-12 AM
	Lunch	Lunch	Lunch			Lunch	12-2 PM
	private Coaching 04	private Coaching 10	private Coaching 16			private Coaching 18	2-3 PM
	private Coaching 05	private Coaching 11	private Coaching 17			private Coaching 19	3-4 PM
	private Coaching 06	private Coaching 12		Day Course 9 AM - 6 PM	Day Course 9 AM - 6 PM	private Coaching 20	4-5 PM
						Private Coaching 21	5-6 PM
Welcome & Info hour	Cardiovascular Qigong 6-9 PM	Gastro-Intestinal Qigong 6-9 PM	ZEN Meditation according to E-Mei System 5-9 PM				6-7 PM
							7-8 PM
							8-9 PM

QIGONG WORKSHOP

with Professor Zhang Mingliang



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Zhang Mingliang is a board member of the Beijing Huangting TCM Research Institute, guest lecturer at the Beijing TCM (Traditional Chinese Medicine) University, and at Taiyuan Sports University. For many years Master Zhang has been practicing and researching Dan Dao TCM, 9-needle acupuncture, Qigong, Tuina, Taoist health care as well as Yoga, Tibetan Mi-Buddhism and Zen-Buddhism. He is a representative of the 14th generation of Dan Dao E-Mei TCM and is an expert in mastering the 12 movements of E-Mei Zhuang.

Qigong is a Chinese breathing and movement practice. The basic idea of Qigong is to establish and maintain a balance between body, breathing and the mind and thus creating good health. The different movements extend and stretch the muscles and tendons, exercise the joints and move the shoulder joints, the spine, and the hips. This process stimulates and rebalances the body's own energy (Qi).t.

Cardiovascular Qigong

The movements of the E-Mei Cardiovascular Qigong strengthen the energy of the heart. When doing the movements, you extend your hands in a specific way and you sing related notes at the same time. This way, body, voice and imagination unite. This process helps to regulate blood pressure and pulse, improve memory and sleep, while it also contributes to lowering stress levels. The movements have a positive impact on the recovery from all types of physical heart disease.

Date: Wed. 28.08.2019, 6-9 PM Cost: CHF 135.-/person

Gastro-Intestinal Qigong

In ancient China, beggars had to overcome many obstacles in their struggle for survival, including unreliable food sources, hunger, cold and disease. This special way of life produced a special form of Qigong, the „beggar movements“. The E-Mei school adapted and today uses these movements to strengthen the stomach and to increase resistance to cold temperatures. They are easy to learn, prevent gastrointestinal disease and support digestion.

Date: Thu. 29.08.2019, 6-9 PM Cost: CHF 135.-/person

ZEN Meditation according to E-Mei

When we begin the practice of Zen, our body and mind learn deep relaxation and tranquillity and gain new strength. Zen teaches us to discard negativity, acknowledge our feelings and deal with them. Zen is mindfulness towards oneself and others. Here you learn to master optimal breathing techniques while you also find out how to prepare for and conclude a meditation. No previous knowledge is necessary.

Date: Fri. 30.08.2019, 5-9 PM Cost: CHF 180.-/person

E-Mei 5 Organs Qigong

The E-Mei 5 Organ Qigong is a special method within the Dan-Dao TCM health care teachings. It focuses directly on the three different levels of power, qi and the mind along with the five major body systems including the heart, liver, spleen, lungs and kidneys. This method helps to strengthen the internal organs and to harmonize the flow of Qi and blood circulation. The most special features of these movements are probably the different positions of the arms and fingers along with low-voice mantra singing.

Date: Sat. 31.08.2019, 9AM - 6PM Cost: CHF 270.- /person

24 Jie Qi Qigong: Focus on Autumn

The Er Shi Si Jie Qi Qigong contains 24 movements from ancient Daoist monasteries. They are aligned with the energetic conditions of the seasons (Jie Qi). Each movement has its own characteristics and specific impact on the organs. The focus is on the connection between movement and breath. These movements create harmony between the body and the changing energetic impact of the four seasons. For autumn, this means working toward the prevention of chronic disease and colds.

Date: Sun. 01.09.2019, 9AM - 6PM Cost: CHF 270.- /person

Private Coaching Prof. Zhang

In addition to the Qigong courses, you can book individual private coaching lessons with Professor Zhang. The following topics are available: movement, herbs, nutrition, diet, health, individual Qigong, Qigong philosophy, teacher supervision, and tongue pulse diagnostics. In the individual coaching framework, your specific questions and wishes can be dealt with in depth.

When: individually possible, see notice in CWI office
Cost: per 1h-Private Coaching Session CHF 230.-/person

Registration

I would like to register for the following workshop(s):

- Cardiovascular Qigong, Wednesday, 28.08.19, 6-9 PM, CHF 135.-/person
- Gastro-Intestinal Qigong, Thursday, 29.08.19, 6-9 PM, CHF 135.-/person
- ZEN Meditation, Friday, 30.08.19, 5-9 PM, CHF 180.-/person
- E-Mei 5 Organ Qigong, Saturday, 31.08.19, 9AM - 6PM, CHF 270.-/person
- 24 Jie Qi Qigong: Focus on Autumn, Sunday, 01.09.19, 9AM - 6PM, CHF 270.-/person
- Private Coaching, my preferred date:, CHF 230.-/person

Discounts

- Both day courses Saturday & Sunday, CHF 480.- (instead of CHF 540.-, = -10 %)
- Both evening workshops Wednesday & Thursday, CHF 240.- (instead of CHF 270,- = -10%)
- Weekly package including all courses, CHF 840.- (instead of CHF 990,- = -15%)

Surname.....

First name.....

Address.....

Postcode/Town.....

Tel/Mobile.....

E-Mail.....

Date.....

Signature.....

The registration is binding. Fill in the registration form and hand it in at the CWI. Or register by e-mail by **23.08.2019** to: sekretariat@chinawushu.ch . Once payment has been received, a definitive booking confirmation will be issued. The workshops will be held at the facilities of the China Wushu Institute (CWI), St. Jakob-Strasse 89, 9000 St. Gallen.