

**Qi Benzhi Online Course**  
**Zhineng Qigong Intensive Healing with Teacher Xi and Sun**  
**Awakening to infinite vitality in Spring**

<b>3 month 21 sessions</b>	<b>February 4,5,11,18,25,26</b>
<b>4 Feb-29 April, 2023</b>	<b>March 4,5,11,18,19,21,25,26</b>
<b>8 pm-10 pm Beijing time</b>	<b>April 1,8,9,15,22,23,29</b>

**Time:** 8pm-10pm Beijing time

**Price:** EUR 525.00

This is one of the our most popular and favorite Zhineng Qigong course.

In early spring, when everything starts to awaken and grow with the rise of yang energy, human bodily yang energy begins to rise. This is the best time to heal and nourish the liver and the whole body, since the balance state of the liver directly affects the functioning of other internal organs and of the whole body.

We will share with you the wisdom of nourishing the liver in accordance with the principles of spring. These are based on the notion of "sheng", and on the characteristics of spring's yang energy and the sprouting of all things. It includes diet, lifestyle, emotions, exercise, etc. so as to support the liver's qi to transform into a balanced state.

This course also enhances an experience of stillness, peace and quietness in your mind.

**Learn this Course which:**

- Helps increasing vitality in the body
- Develops better Qi and blood circulation
- Repair of peripheral and central nerves
- Enhancing the essence qi of the inner organs
- Helps relaxing and opening inner space the body
- Increases joints and ligaments flexibility
- Develops self-awareness, balance, perseverance and discipline
- Treats all types of illnesses (including emotional, physical and post-coronavirus)
- Gives you a sense of purpose and direction in life
- Improve the quality of our consciousness

- People who have been suffering from various chronic diseases for a long time
- No mental support and inner anxiety
- People who often feel angry, even about trivial things
- People who lack passion and confidence in life
- People with diseases of the urinary system, reproductive system, nervous system, circulatory system, endocrine system, eyes, etc.
- By Zhineng Qigong practice you will feel more empowered to make decisions in your life.

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This course is suitable for everyone who interested in Qigong healing.

**About the teachers:**

The two teachers both graduated from the two-year teacher training class of Huaxia Zhineng Qigong Center.

They have been practicing Zhineng qigong for more than 30 years and have extensive experience in teaching and healing, and teaching tens of thousands of students all over the world.

Heart to heart, Mind to mind, Information to information!

If you can't make the online live course, you can also purchase the recordings of this courses.

If you are interested in join us, please contact us: [info@qibenzhi.com](mailto:info@qibenzhi.com)

More details please visit the website: [www.qibenzhi.com](http://www.qibenzhi.com)

Hun Yuan Ling Tong!

**Qi Benzhi Community**