

# LET'S COME TOGETHER IN THE QIFIELD!



We are very grateful that during these past three years we have made so many new Zhineng Qigong friends from all over the world! As the Qifield works independent of space, we all had really beautiful online meetings during a time when travelling was difficult.

Now, we feel a deep longing to connect with as many of you as possible and to finally meet in person!

We want to spend three wonderful days together, organizing powerful Qifields, practising, sharing our experiences, singing, dancing, going for walks in the beautiful surroundings and celebrating our wonderful international community!

As there are so many great Zhineng Qigong teachers now in different countries, teachers are warmly welcome to apply to us if they would like to teach or guide a 90 or 75 minutes workshop during our meeting!

**Our location:** Schloss Buchenau (Buchenau Castle) in the heart of Germany is an ideal location for our international meeting!

It is a beautifully restored 400 year-old castle surrounded by a huge park, green fields and forests that invite for long walks in the fresh, clean air and the stillness of the rural countryside.

There are several practice rooms in various sizes where we can do our daily practice, including an outdoor practice room and many nice spots around the castle.

Meals are simply fantastic and abundant!

Whatever food you may prefer and intolerances you may have, you will find all your needs met!

## How to register:

We ask you to send an email to the German Zhineng Qigong Association: [info@zhinengqigong-deutschland-ev.de](mailto:info@zhinengqigong-deutschland-ev.de)

You will then be guided to register directly with Schloss Buchenau. There you will find various options for accomodation (single or double room or camping) and meals (vegan, vegetarian, flexitarian, etc.).

## Costs:

We have decided to organize this event as a free event for you!

There are no costs except your costs for accomodation and meals, which will be 50% of the normal costs at Schloss Buchenau. The German Zhineng Qigong Association will pay the remaining 50% for you.

You will find the exact price when you register with Schloss Buchenau. Only the additional costs of 75 € for a single room will have to be fully paid.

We are the board of the German Zhineng Qigong Association and we would love to welcome you in Germany in September!!!

If you want to spend some more days and relax in the beautiful countryside of Hesse, we can give you some further hints as to where to go and what to do. Our area is certainly worth a visit.

Luise Kohl-Hajek

Birgit Becker-Petersen

Ida Loschert

Adelheid Hüsing

Ping Dietrich-Shi

Hui Yu

Rosmarie Schrader-Klodt

## Programme (preliminary):

Arrival on Thursday, September 7th late afternoon, dinner for all!

### Friday

7 - 8 a.m. Early morning practice  
8 - 9:30 a.m. Breakfast  
10 - 11 a.m. Welcome circle  
11 a.m. - 1 p.m. Morning practice  
1 - 3 p.m. Lunch and lunch break  
3 - 4.15 p.m. Afternoon practice 1 (various options)  
4.15 - 4.45 p.m. Tea / coffee break  
4.45 - 6 p.m. Afternoon practice 2 (various options)  
6 - 7.30 p.m. Dinner  
8 p.m. Evening activities\*)

### Saturday

7 - 8 a.m. Early morning practice  
8 - 9:30 a.m. Breakfast  
10 a.m. - 1 p.m. Practice and sharing  
1 - 3 p.m. Lunch and lunch break  
3 - 4.15 p.m. Afternoon practice 1 (various options)  
4.15 - 4.45 p.m. Tea / coffee break  
4.45 - 6 p.m. Afternoon practice 2 (various options)  
6 - 7.30 p.m. Dinner  
8 p.m. Evening activities\*\*)

### Sunday

7 - 8 a.m. Early morning practice  
8 - 9:30 a.m. Breakfast  
10 a.m. - 1 p.m. Practice (various options)  
1 - 2.30 p.m. Lunch and lunch break  
2.30 - 4 p.m. Closing

\*) On Friday evening we will enjoy a beautiful sound healing concert.\*\*\*) On Saturday night, there will be time for creative and spontaneous group interaction and celebration!



Zhineng Qigong  
Deutschland e.V.

德国智能气功协会