



# Beyond Practice

a clear pathway to inner freedom

**Eifel Retreat**  
**1-4 February 2024**

In the beautiful surroundings of the Eifel we will explore how to use Zhineng Qigong in everyday life in order to create meaningful change. Through shared practice, conversations and walks in nature we will find out how the patterns and habits that we get caught in can be changed in order to create your own inner freedom.

Escaping from the busyness of life on a retreat is all well and good, but using the retreat to simply cope with your life is not transformative. Taking something transformative from the retreat and applying it to your life is the way to make meaningful change. That is why we invite you to explore the potential that lies "Beyond Practice". During these three intensive days we will help you to actually use the tools that exist within your practice to create something transformative and new for yourself.

Your Tutors:



## **John Millar** [qigongacademy.co.uk](https://qigongacademy.co.uk)

John believes that the real power of the qigong is in integrating it into everyday life. His work with Zhineng Qigong is joyful and fun, focussing not just on the theory and practice, but also on the application of the techniques in all situations.



## **Anke Heuerkamp** [zhineng-qigong-duesseldorf.de](https://zhineng-qigong-duesseldorf.de)

Anke is a passionate and enthusiastic Qigong teacher and mentor who empowers people to reconnect with their hearts in order to consciously redesign their lives. Using Qigong, Anke helps people gain greater clarity and focus in order to live in a more free and self-determined way.



## **Olivier Rijcken**

Olivier is an artist, a creative and a Zhineng Qigong teacher. His insight into creative cycles brings these worlds together in a way that helps us to better understand how we can bring a wish or idea into reality and how we can then use this - on more existential life themes - to experience inner freedom.



## **Location Stiftsberg, Kyllburg, Eifel (DE)**

We will be staying at the Stiftsberg Educational centre. Practical, comfortable and beautifully located. The access to nature is easy.

Part of the supportive wellness setting will be a sound concert given by **Katherina Bornefeld**.

Please find details and registrationform on  
<https://qigongacademy.co.uk/event/beyond-practice-retreat/>



\* The artwork in the header is a co-operation of Olivier Rijcken and Jos Bregman. Jos has yielded this Chestnut tree which once stood in Eemness (NL), divided it in hundreds of chipped samples that are now dispersed, forming a social sculpture. Olivier uses this platform to graphically express how we can find our way in an ever changing world.