



FIRST ZHINENG QIGONG CAMP SLOVENIA 2024

When:

5.4. – 7.4. 2024

Where:

Budistični center Palpung

Mrzli Log 7

5274 Črni vrh nad Idrijo

Contribution:

PRICE: €350

EARLY BIRD: €330 (valid until February 29, 2024)

The price includes:

- Workshops with Master Xie Chuan (theory and practice)
- Support with Zhineng teachers: Mauro Lugano and Andraž Purger
- 2x nights
- Vegetarian food – 3 days

The number of places is limited.

After registering at leteca.zelva@gmail.com, you will also receive an online form.



Dear,

in the Leteča želva (Flying turtle) association, we organize events every year that connect Qigong lovers. We get to know each other and upgrade our knowledge.

Who is the Qigong camp for?

It is intended for complete beginners and experienced students of Zhineng Qigong, practitioners of other types of Qigong and Tai Chi, as well as people who explore their potential through the methods of yoga, martial arts, bathing in cold water, various breathing techniques,...

During the workshops at the Qigong camp, everyone will be able to recognize the simple laws of nature, which allow us to live a better quality of life when we use them consciously.

What are we going to do?

Qigong camp is aimed at getting to know the ancient methods of maintaining health, which originate from China and are based on Qigong Wisdom (Zhineng Qigong).

We will spend three days together, away from the noisy and intense everyday life. In the embrace of nature, hidden in a temple, we will be supported with excellent vegetarian food. We will take the time to explore the workings of mind, body and their connection, activating the self healing process and learning new methods to maintain health.



What is Wisdom Qigong or Zhineng Qigong based on?

The founder of the Zhineng Qigong branch, master and doctor Pang Ming, drew on the knowledge and experience of 19 Qigong masters, and with them explored the essential elements of many religions and philosophies, types of Qigong, martial arts, Chinese and Western medicine, and modern science. From them he took the most valuable knowledge about life developed by humans. Based on these, he integrated and developed his methods, which help us throw away blind faith and ignorance and develop a clear understanding of human functioning on three levels: mind, energy and body.



Who will be with us?

Master Xie Chuan



Master Xie Chuan began practicing Zheneng Qigong in 1988. After completing his two-year teacher training at the Huaxia Center (Drugless Hospital) in 1995, he worked as a Zheneng Qigong teacher for five years. Zheneng Qigong teaches all over the world, has been supporting the Harmonious Big Family community since 2012, and has been bringing techniques to Europe for 10 years, where he is now popular in the network of Zheneng Qigong students.



Teachers Mauro Lugano and Andraž Purger

With their regular Zheneng Qigong exercises in Dobrova - Polhov Gradec and in Domžale, Slovenia, teachers Mauro and Andraž ensure that ancient Chinese knowledge continues to spread in Slovenia as well. They will take care of your comfort and will be available for any additional questions.



What methods will we learn about?

The method of sitting with extended legs (L sitting - Straight Legs Sitting Posture)

The main purpose of the method with extended legs is to relax and open the lumbar spine, pelvic cavity and hip joints. In the area of the lumbar spine are the kidneys, which contain the prenatal Qi that nourishes the entire body. The method will fill the area of the lumbar part and the lower Dantien energy center. The lower back supports all the weight of the upper body, so its strengthening, mobility and flexibility is a long-term investment for our health.

Body and Mind Method

Movement exercises in the Body and Mind method are based on martial arts Qigong and traditional Qigong movements. We will activate the flow of the meridians by activating the large and small joints. Master Xie Chuan will select some exercises from the mentioned method, which we will delve into, get to know thoroughly and master. The exercises will perfectly complement the method of sitting with outstretched legs and allow us to move more and relax.

The exercises and techniques we will learn are body-friendly, suitable for use at any age and adaptable to any physical predisposition and physical fitness.



The workshop is intended for everyone,

- who want to deal with health problems in a natural way
- who want to regenerate the body and strengthen health
- who would like to transfer their potential to a higher level
- who are interested in self-healing, harmonizing the body and maintaining inner peace
- who would like to better understand the functioning of consciousness and Qi energy, their connection and active use

The workshop opens up the possibility of connecting and cooperating with like-minded people. Together we are building a healthy society and every exchange of information, experiences and personal transformations makes us even stronger.



A FEW TIPS

Is it possible to come to the workshop just for a day or two?

The workshop is designed as a whole, which will be upgraded every day, so variations in participation are not possible. You are invited to join the entire workshop (April 5-7, 2024). Thank you for your understanding.

ACCOMODATION



The Palpung Buddhist Center offers us a safe haven and retreat into silence. It is located on Črni vrh above Idrija in the embrace of nature. The center offers shared beds.

SLEEP

Shared beds already have:

- Mattress
- Pillow
- Blanket
- Bed linen
- Table lamp
- Electric switch

FOOD:

We will be well taken care of, as we will be pampered by chef Lenart, who will prepare vegetarian meals 3 times a day.

WE RECOMMEND that you also take:

- Headlamp
- A water bottle
- Warm clothes
- Slippers
- Extra blanket