

Dear student,

Hereby an overview of the summer courses in Belgium. For courses in the UK please contact Ann Sheldon at buqibristol@buqi.net. For France please contact buqifrance@buqi.net.

Summer Courses

There are three courses in Belgium you can choose from this summer, two in Ghent and one in Mortsel (Antwerp).

Five day TAIJIWUXIGONG course with SHEN JIN, 1-5 August, Ghent

Taijiwuxigong provides various standing, sitting and lying exercises which have two functions. The first is to correct body posture, the second is to clear stuck waste products. This helps to restore physical wellbeing and mental and emotional equilibrium.

Through the practice of Taijiwuxigong we can learn how to bring the vibrations of the earth force up through the body and allow this to clear the spinal column. This realigns the vertebrae and opens the spaces between them, making the body taller again. Pressure on nerves and blood vessels around the spine is relieved and freedom of movement restored. Spontaneous movement (both physical and emotional reactions) can occur and we can feel the healing effect this has on the body as it helps to remove and flush out disease.

The exercises are very beneficial for people who do a lot of desk or computer work and who suffer from 'mouse-arm syndrome'. Spending long hours sitting at a desk often leads to a distorted body position – the result is tightness and muscle tension in the neck and shoulders (especially that of the arm used most). This tension can cause malpositioning of the neck vertebrae, in turn putting pressure on the local nerves and inhibiting blood circulation to the brain.

Practical Details:

- Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Ghent.
- Venue for sleeping accommodation: St Paulusinternaat, E. De Deynestraat 2.
- Course Price: €300
- Accommodation: €185 half board (lunch and breakfast incl.)

Please note that there is a limited number of bedrooms, so if you need a room we advise you to book as soon as possible - at the latest by 15 July.

- Lunch + 2 tea breaks: €13/day (to be booked at the latest 1 week before course).
- Times: days 1-4: 10.00-17.00 (registration day 1 between 10.00-11.00). Day 5: 10.00-13.00 (with lunch if booked).

Taiji 37 course with Shen Jin and Shen Zhengyu, 6-8 August, Ghent

This course is open to anyone who wants to practice applying the basic principles of Taiji 37. Beginners and advanced students alike are welcome to continue exercising the system that Dr. Shen Hongxun developed.

The Taiji symbol symbolizes the cosmos, unlimited in its size. Through practice, we relax our muscles and open our joints, while we let our dantian force grow bigger. In this way, our energy can evolve to the size of the cosmos.

During this course we will practice various taiji 37 postures. These are based on the principles of NanPai (Southern) school of Taijiquan. Essential in NanPai Taijiquan is the use of earth

force, which can quickly activate the dantian. We can then develop the dantian force, and after that the dantian can put our body into motion.

Practical Details:

- Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Ghent.
- Venue for sleeping accommodation: St Paulusinternaat, E. De Deynestraat 2.
- Course Price: €180
- Accommodation: €120 half board (lunch and breakfast incl.)

Please note that there is a limited number of bedrooms, so if you need a room we advise you to book as soon as possible - at the latest by 15 July.

- Lunch + 2 tea breaks: €13/day (to be booked at the latest 1 week before course).
- Times: days 1-2: 10.00-17.00 (registration day 1 between 10.00-11.00). Day 3: 10.00-16.00

Five day E-MEI DAOYIN course with SHEN JIN, 17-21 August, Mortsel (Antwerp)

The E-Mei Mountain is in Sichuan province, in Central China. This region is marked by high mountains and is not easily accessible. For this reason, the area was a favourite hiding spot for the revolutionaries and rebels of past dynasties. Generals and hopeful future Emperors, often referred to as Tigers and Dragons, spent lengthy periods of time in these mountains, preparing their onslaught on the regime they planned to overthrow.

The 12 Daoyin of the E-Mei are a traditional Buddhist exercise system. About 1000 years ago a monk devised this particularly effective method of exercise to train those who were to fight against the ruling Emperor's army; but these exercises were also used to treat the injuries suffered in combat, and bonesetters used the powerful Daoyin to improve their skills.

The exercises are an excellent way to develop physical strength and stamina and thus are very well suited to martial artists. But the tonifying effect of the exercises means that they can be used to improve health and even to treat some diseases. The powerful force developed during the practice of the E-Mei Daoyin is also very useful for health and body-work, such as massage, etc.

For optimum results, one needs to pay attention to develop the exercises one by one, and each individual exercise stage by stage. Then it is possible to open the body's energy channels and meridians, enabling the practitioner not only to achieve a high level of physical energy but also to develop on a mental plane.

Practical Details:

- Venue: Koninklijk Atheneum Mortsel, Hof Van Riethlaan, 2640 Mortsel (Antwerp)
- Course Price: €300
- Lunch: €12/day (to be booked at the latest 1 week before course).
- Times: days 1-4: 10.00-17.00 (registration day 1 between 10.00-11.00). Day 5: 10.00-13.00 (with lunch if booked).

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