

NEWSLETTER JANUARY 2012

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1. Table met dates of all courses:

- Buqi® training: Daoyin weekends, Double Vicious circle, Diagnosis, Treatment techniques.
- Taiji Zwaard.
- Taijiwuxigong® weekends.
- Easter meditation course.
- Summer courses.

The courses marked in **red** are part of the *BUQI*® training in Holland. There will be **only Dutch translation**, but if you understand Shen Jin, Shen Zhengyu or if you understand Dutch you are welcome to attend. Each module can be followed separately and is open to everyone.

More information on the **Summer courses** will follow later.

We appreciate if you could forward this information to your students and people who are interested!

Dates	What	Where	With whom
28-29 January	Taiji sword	B - Mortsel	Shen Zhengyu
11-12 February	Taijiwuxigong®	NL - Lent	Shen Jin
24-26 February	Sound daoyin	NL - Eindhoven	Shen Jin
3-4 March	Taijiwuxigong®	B - Mortsel	Shen Jin
10-11 March	Taiji sword	B - Mortsel	Shen Zhengyu
30 March-1 April	Double vicious circle	NL – Eindhoven	Shen Zhengyu
11-15 April	Meditation	B - Brussels	Shen Jin
21-22 April	Taijiwuxigong®	NL – Lent	Shen Jin (cancelled!)
5-6 May	Lying down daoyin	NL - Lent	Shen Zhengyu
12-13 May	Taijiwuxigong®	B - Mortsel	Shen Jin
26-27 May	Taiji sword	B - Mortsel	Shen Zhengyu
2-3 June	Taijiwuxigong®	NL - Lent	Shen Jin
9-10 June	Taiji sword	B - Mortsel	Shen Zhengyu
1-5 August	Taijiwuxigong®	B – Ghent	Shen Jin
6-8 August	Taiji 37®	B – Ghent	Shen Jin & Shen Zhengyu
17-21 August	E Mei Daoyin	B – Mortsel	Shen Jin
22-23 September	Taiji sword	B - Mortsel	Shen Zhengyu
29 Sept-3 Oct	Buq diagnosis	NL - Lent	Shen Jin
20-21 October	Taiji sword	B - Mortsel	Shen Zhengyu
27-28 October	Taijiwuxigong®	B - Mortsel	Shen Jin
23-25 November	Buqi treatment techniques	NL - Lent	Shen Jin & Shen Zhengyu
November (tbc)	Taiji sword	B - Mortsel	Shen Zhengyu

Professional taiji training with SHEN ZHENGYU
TAIJI JIAN (SWORD)

Tranquility in movement, relaxation in alertness, emptiness in observation. Yin in yang, yang in yin; taiji jian, touching at the essence of taiji

Taiji aims at developing latent **forces** or powers present in each of us. Taiji jian (two-edged straight sword)) is one method to further develop and handle these taiji forces. The roots of taiji practice lie in the martial arts. Nowadays physical and healing aspects come first, although it's important not to lose the martial aspect out of sight.

The objectif of these weekends is to obtain a **sharper understanding** of taiji **forces** (or jin in Chinese) through basic sword techniques and sword form. The exercises help to **relax** the **body** and **improve posture**. You stand firmly on your legs and you become more powerful. The sword is **guided** by continuous and constant **attention** to its point or cutting edge. This way you develop our concentration.

Due to the constant **mental focus** on the sword you create an intense, expanding, outwardly directed energy structure. You become less disturbed by extertal impulses. You arrive within yourself. Concentration becomes reflective observation. There is emptiness and the mind comes to rest.

This **extending of force** from your hand into a tool can be applied in daily life, when you use various home, garden and kitchen tools to cut food, open a bottle, drilli, chop wood. In all these actions you can learn to use the body as a unit.

The further development of taiji forces helps to make the body more open. You will be able to remove waste products better, and symptoms such as pain, stiffness, tension, inflammation etc disappear.

28-29 January	with Shen Zhengyu	Koninklijk Atheneum Mortsel
10-11 March		Sports hall, Hof Van Riethlaan
26-27 May		2640 Mortsel
9-10 June		
22-23 September		Cost: €125/weekend.
20-21 October		
November (tbc)		

Lunch + tea/coffee: 12 euro/day. Please book lunch at the latest 1 week in advance!

TAJIWUXIGONG weekends with SHEN JIN, Mortsel (B) and Lent (NL)
Spontaneous movement for health and happiness

Taiji wuxigong 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 mal-positioning of the neck vertebrae, in turn putting pressure on the local nerves and inhibiting blood circulation to the brain.

Koninklijk Atheneum, Hof Van Riethlaan, B - Mortsel	Voorzienenhart De Ster, Queenstraat 37b, 6663 HA NL - Lent/Nijmegen
3-4 March	11-12 February
12-13 May	21-22 April (cancelled!)
27-28 October	2-3 June
Booking: buqibelgium@buqi.net	Booking: krijnook@yahoo.com

Cost: €125/weekend.

Lunch + tea/coffee: 12 euro/day. Please book lunch at the latest 1 week in advance!

For the weekends in Belgium: there will be translation into Dutch and French.

For the weekends in Holland: there will be translation into Dutch.

BUQI® Training with SHEN ZHENGYU & SHEN JIN

Sound daoyin – sound vibration for healing, Shen Jin

Working with our voice, we will explore how different sound frequencies affect the body in different ways. As sound and breath are inter-dependent we will work with different sound and breathing techniques, to treat different body areas and organs. We will also learn about the effect that certain mantras have on health and healing.

Double vicious circle of the origin of disease, Shen Zhengyu

The doctrine of double vicious circle of the origin of disease is at the heart of the Buqi® system. Physical and emotional stress create two vicious circles that influence and enhance each other and lead to the development of binqi.

During this course, we study this theory of the double vicious circle, its effect on our health and the development of disease, using some specific health problems as an example.

In order to treat disease effectively we need to clear binqi, and we also need to treat the cause. For this it is essential to identify and to stop the vicious circles. Only then can we really recover our health.

Physical habits do not change that fast, it is a process that requires time and exercise. We also need to do inner work in order to manage our thinking and let go of harmful emotions. And it is very important to look at our own thought patterns. Very often these patterns influence our posture and cause persistent binqi. Breaking the vicious circle of emotions and thinking, releasing stored emotions and changing accepted thought patterns, is not easy. To support this process the Buqi® Institute offers various exercises and meditation techniques. During the Buqi training you learn a variety of exercises for yourself, and we also advise you to check out our other courses, such as taijiwuxigong and meditation courses.

Lying down daoyin, Shen Zhengyu

Specially designed to strengthen and re-mobilise the spine these exercises can help those who are too ill or too weak to stand or sit for very long. They are suited to work on a bed or on the floor. Most people like the combination of lying down with exercise. With the body weight supported by the floor the spine relaxes and stretches for optimum health.

Diagnosis, Shen Jin

In order to treat conditions it is not important to be able to name the disease but to determine the cause of it. Only then you can choose the appropriate treatment techniques.

The ability to perceive binqi is essential. In this module you will learn to establish where binqi accumulates in the body.

The diagnostic techniques we teach are:

- Feeling with the hands;
- Feeling with the body;
- Using the centre of the mind – seeing with the third eye;
- Using cosmic information through contact with 'information spirits'.

After this module it is important that you practice these techniques regularly.

Treatment Techniques, Shen Jin & Shen Zhengyu

We provide five weekends of 2.5 days on a number of very specific diseases and specific treatment techniques.

There are:

- Bu techniques: providing information, activating;
- Xie techniques: eliminating binqi, calming.

Most techniques are hand techniques: open hand technique, transmission of warmth information, transmission of vibration force, spontaneous movement force transmission, technique with sword fingers, pulling out techniques (where it is important for the therapist to protect oneself against binqi of the patient). There are also some techniques in which the feet are used.

The first weekend is scheduled for November 23 to 25, 2012 (Friday evening, Saturday and Sunday all day).

The following weekends are held in 2013. Dates and topics to be announced later.

What	With whom	When	Where	Fee
1. Sound daoyin	Shen Jin	24-26 Feb	Eindhoven - day 1: (1), days 2 & 3: (2)	€ 180
2. Double vicious circle	Shen Zhengyu	30 Ma-1 April	Eindhoven (2)	€ 225
3. Lying down daoyin	Shen Zhengyu	5-6 May	Lent (3)	€ 130
4. Diagnosis	Shen Jin	29 Sept-3 Oct	Lent (3)	€ 375
5. Treatment techniques 1	Shen Jin & Shen Zhengyu	23-25 Nov	Lent (3)	€ 150

Locations:

- (1) Studentensportcentrum TUE, Onze Lieve Vrouwestraat 1, 5612 AW Eindhoven. Wegbeschrijving zie http://venus.tue.nl/sci-cgi/sci_8210.opl
(2) Wijkcentrum Blixems, Ouverture 2, 5629 PV Eindhoven.
(3) Voorzieningshart De Ster, Queenstraat 37b, 6663 HA Lent/Nijmegen.

Times:

Weekends 1 and 2: Friday-Saturday 10.00-17.00h

Sunday: 10.00-16.00h

Weekend 3: Saturday 10.00-17.00h

Sunday: 10.00-16.00h

Weekend 4: Saturday-Monday 10.00-17.00h

Tuesday: 10.00-16.00h

Weekend 5: Friday 19.30-22.30

Saturday 10.00-17.00h

Sunday: 10.00-16.00h

Please **bring** loose comfortable clothing and shoes. For **weekend 3** bring a mat and/or blanket for the lying down exercises.
Lunch possible. Maximum € 12/day, depending on the location. Please book at the latest 1 week in advance!

WEEKLY LESSONS

with Shen Jin

- Mondays, St Michielscollege, St-Michielscollegestraat (entrance opposite nr 67), 1150 St-Pieters-Woluwe.
Taijiwuxigong from 19:30-21:00

- Wednesdays, Sint Pietersinstituut, Meersstraat 131, 9000 Ghent.

- Thursdays, Sportzaal Koninklijk Atheneum Mortsel, entrance via parking next to Molenlei 6, Mortsel.
Taiji37 form: 19.15 - 20.1, Taijiwuxigong: 20.15 - 21.30.

with Shen Zhengyu

- Mondays, Sporthal KTA (hall upstairs), entrance via Martouginlei, Brasschaat.

- Wednesdays, De Djoelen, Steenweg op Mol 3, Oud-Turnhout.

- Thursdays, School M. Immaculata, Zilverenhoeklaan 2, 2950 Kapellen.

From 19.30 - 20.45.

www.taijicentrum.org

with Sofie-Ann Bracke

- Mondays, 't Werkhuys, Zegelstraat 13, Borgerhout, 10.30-12.00.

- Thursdays, Dienstencentrum Van Schoonbeke, Van Schoonbekestraat 54, Antwerpen, 9.30-10.30.

- Fridays, Sportcentrum Het Rooi, Berchemstadionstraat 73, Berchem (only via Rekanto for cancer patients - www.rekanto.be), 10.00-11.00.

www.chinesehealing.be. Also individual consultations and company presentations.

with Lieven Van Den Berghe

- Mondays, Basisschool Pius X, Bredenakkerstraat 31, Destelbergen.

- Tuesdays, Sint Lodewijkscollege, Spoorwegstraat 250, 8200 St. Michiels - Brugge.

Taiji37 form: 19.15 - 20.15, Taijiwuxigong: 20.15 - 21.30.

info: lievenvandenbergh@hotmail.com

Cost: 10 euro/lesson (12 in Brussels) or 85 euro/10 lessons.

Feel free to contact us any time if you have any queries or if you want to book for a course.

For information on courses in:

- the UK, contact buqibristol@buqi.net
- France, contact buqifrance@buqi.net
- Norway, contact taiji@taiji-wuxigong.no

Or see our website www.buqi.net.

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Warmest greetings from all of us at the Buqi Institute!

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