Shen Hongxun College

The Shen Hongxun College is dedicated to promoting the further understanding of Chinese culture and wishes to build a bridge between East and West in particular with regard to medicine. The Buqi System comprises of a complete theory on health which states that chronic poor body posture is often one of the root causes for many health conditions. The system includes Buqi treatments, Daoyin exercises, Tuina and Taijiwuxigong. Buqi treatments use health information transmission and are given without physically touching the patient. Daoyin are therapeutic exercises taught for the treatment of specific conditions. Buqi Tuina is a massage technique using vibration force. Taijiwuxigong is a qigong exercise system which can either be used alone or in combination with Buqi treatments. Taijiwuxigong is a very effective means of preventing disease and maintaining health and well-being. Buqi courses and events are currently offered in Belgium, the Netherlands, the UK, France and the USA.

SHEN HONGXUN COLLEGE
Victoria Park
35 Kensal Road
Bristol
BS3 4QU

Four ***BUQI*** weekends in the UK

Daoyin

Treatment through exercise

2006 - 2007

with Dr. Shen Hongxun
and Master Shen Jin

SHEN HONGXUN COLLEGE

Practical Information

	Dates	Year	Subject
1	18-19 Nov	2006	Dragon Daoyin
2	9-11 Feb	2007	Sound Daoyin
3	24-25 March		Animal Daoyin
4	5-6 May		Lying Down Daoyin

Times: Daoyin 1, 3 & 4: Saturday: 10:00-17:00
Sunday : 10:00-16:00

Sound Daoyin 2: Friday: 11:00-17:00
Saturday: 10:00-17:00
Sunday: 10:00-16:00

Venue: **Southville Centre**
Beauley Rd, Southville
Bristol BS3

Cost: Daoyin 1, 3 & 4: **£ 105** each
Daoyin 2: **£ 145**

Discount price for payment of all four weekends at the first weekend: **£435**

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Booking Form

Buqi Daoyin, 2006-2007 Bristol

Name:
Address:

Tel: **Mobile:**
E-mail :

( ) Daoyin 1
( ) Daoyin 2
( ) Daoyin 3
( ) Daoyin 4

( ) would like a list of hotels and B&B.

Date: **Signature:**

SHEN HONGXUN **COLLEGE**
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Dr. Shen Hongxun



Dr. Shen Hongxun (°Shanghai 1939) is trained as a physician in Chinese and Western medicine. He held positions as Hospital Director and Director of a pharmaceutical company. He was also the honorary director of the Qigong Science Society of China.

Dr. Shen incorporated into his medical knowledge the special internal forces he had developed since boyhood. He has been practicing for over 50 years and learnt these techniques with acclaimed taijiquan masters, Buddhist and Taoist monks and his grandfather Shen Baotai. He began to treat some of his patients using these energetic forces. The results were very positive. Based upon these early successes he continued to research the effects this method had on different conditions. This led to the development of the Buqi System.

In 1987 the Universities of Gent and Venice both invited Dr. Shen to supervise Ph.D. students. Later he founded the Buqi Institute, Belgium and Shen Hongxun College, UK. He has since been teaching in Europe and the USA.

Master Shen Jin



Master Shen Jin (°Shanghai 1957) is director and principal teacher of the Buqi Institute. She holds a diploma in Traditional Chinese Medicine and began studying taijiquan and qigong with her father at the age of nine. At 21 she began to teach and became the youngest female master in the history of qigong. She has been teaching Taijiwuxigong, taijiquan and E-mai internationally for over 25 years and has developed the same ‘empty force’ for which her father is world famous.

Daoyin Therapy

Daoyin are the earliest TCM treatment techniques and were originally known as Daoying. The Chinese words Dao and Ying both mean guiding. In these daoyin exercises this refers to guiding the negative factors out of the body.

Western medical practitioners have now become aware of the link between disease and problems of the spinal column. During an international medical congress it was reported that more than 40 different diseases are related to spinal problems. Most spinal column problems are due to a combination of poor body posture and the build up of the toxic metabolic by-products caused by emotions such as stress, anger, sadness, etc. These toxins accumulate in the inter-vertebral spaces of the spine.

Daoyin therapy uses body movement to break the double vicious circle of poor body posture and negative emotions. The exercises seek to correct posture and release the chemical residues of emotional problems and negative memories.

In these seminars you will learn how to use different daoyin exercises to treat different conditions and different age patients. It will also be a good opportunity to cleanse your own body and create a foundation for treating others with the Buqi System.

The individual seminars offer great benefit if taken individually, but students following all four daoyin seminars can hope to gain the full health benefit as the daoyin form a natural cycle of development.



1 Dragon Daoyin

18 – 19 November 2006

The spiral movements of the exercises of the Dragon Daoyin work to restore flexibility to the spine. Many different health conditions can be improved and treated by correcting spinal alignment and removing pathogenic factors from the intervertebral spaces and the soft tissues surrounding the spinal column.

2 Sound Daoyin

9 - 11 February 2007

Breathing techniques together with voice and sound work to activate the body's energy centre (Dantian). The energy channels can be opened and energy circulation improved. If following on from the previous seminars the Sound Daoyin will bring about more refined internal work on the physical and mental plane.

3 Animal Daoyin

24 - 25 March 2007

Exercises mimicking the typical movements of different animals offer great potential for naturally improving our own movement range. Stalking like a deer, contorting like a monkey, pouncing like a tiger etc. They are great fun and an excellent way to work and play with the body to strengthen it and improve health.

4 Lying Down Daoyin

5 – 6 May 2007

Effective exercise when lying on the floor or on the bed. Specific exercises enabling the body to receive the benefit of spontaneous movement. Spontaneous movement regulates and improves all bodily functions and can restore ability of movement. Very useful for those who cannot exercise standing up.