

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.

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, London. He has since been teaching in whole Europe.

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International Taijiwuxigong Course

Taiji- Wuxigong

Spontaneous Movement
for Health
and Happiness

30 July – 3 August 2009
Gent, Belgium



With Master Shen Jin

BUQI INSTITUTE

What is Taijiwuxigong?

The origin of Taijiwuxigong lies in the traditional philosophy of Taiji. Dr. Shen Hongxun developed the system of Taijiwuxigong on the basis of traditional Taijiquan and also some physical exercises of various teachings of Buddhism.

The purpose of the different exercises and postures, which include various standing, sitting and also lying down positions, is to improve body-posture. This not only helps to restore a sense of physical balance and well-being but also has a regulating effect on the mental and emotional equilibrium. The exercises activate the body's self-regulating mechanism and the stimulation of this auto-regulatory function can lead to spontaneous body movement during the exercises. It is possible to actually feel the vibrations of the body's own internal forces and also the vibration of the earth force. The aim of Taijiwuxigong is to optimize the body's self-regulatory function and thus to enhance the self-healing power of body, mind and spirit.

The exercises are also very beneficial for people who are doing a lot of desk and computer work and are suffering from 'mouse-arm syndrome'. Spending long hours sitting at a desk often leads to a distorted body position. Tightness and muscle tension in the shoulder of the 'mouse-arm' are the result. This tension can lead to mal-positioning of the vertebrae in the neck, which in turn puts pressure on the local nerves and inhibits blood circulation to the brain.

Through the practise of Taijiwuxigong we can learn how to bring the vibrations of the earth force into the body via the legs and allow it to rise up the spine. This vibration will cause the spinal vertebrae to re-align into a correct position and to open the intervertebral spaces. Pressure on the nerves and blood vessels travelling through the spinal canal will be relieved and freedom of movement is restored. Spontaneous movement can occur and we can feel the healing effect this has on the body as it helps to remove and flush out disease causing factors caused by stress, negative emotion and illness.

Practical Details

Date: 30 July - 3 August 2009

Course: OC St. Jozef
Ebergiste De Deynestraat 1
9000 Ghent Belgium

Accommodation: St Paulus Internaat
Ebergiste De Deynestraat 2
9000 Ghent Belgium

Program: Daily from 10:00 to 17:00
Last day 10:00 to 16:00
Party Sunday evening at 18:00

Course Cost: € 300

Accommodation:
Full board at the school: € 170.

- A list of hotels and B&B in Ghent is available on request.
- A confirmation of booking and directions will be sent near the date of the course.

Booking Form

Taijiwuxigong, 30 July - 3 August 2009, Ghent

*Please book early (at least before June 20th),
as the number of rooms is limited.*

Name:
Address:

Tel: GSM:
Email:

- will participate in the Taijiwuxigong seminar (€300)
- would like to book a room with full board (€170)
- would like vegetarian meals
- would like lunches, but no room
- would like to book an extra night for Wednesday 29th July
- would like to book an extra night for Monday 3rd August
- wishes to receive a list of hotels and B&B

Date: **Signature:**