

## Master Shen Jin



Shen Jin was nine years old when she began to study taijiquan and qigong with her father Dr. Shen Hongxun, the founder of the Taijiwuxigong self-healing system, the Buqi treatment system and the

taijiquan Tianshan style.

She graduated in Traditional Chinese Medicine at the Qian Jin College of Continuing Education. By the age of 21 she started to teach and as such became the youngest female master in the history of Qigong. She has been teaching for more than twentyfive years now. Shen Jin is the principal teacher and director of the Buqi Institute. She teaches Taijiwuxigong, the 12 E-Mei Daoyin and taijiquan TianShan style (medium and small stance) in several European countries.

Shen Jin has studied the E-mei system with Master Sun Jingtao, who was a friend and student of Master Zhou Qianchuan.

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**BUQI** INSTITUTE BELGIUM  
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2660 Anwerp  
Belgium

## International E-Mei Seminar

# 12 E-Mei Daoyin

**19 - 23 August 2009**  
**Mortsel (Antwerp)**

with Master **Shen Jin**



**BUQI** INSTITUTE

## The 12 Daoyin of the E-Mei Mountain

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.

The only written material about the E-Mei Daoyin was in form of ancient poetry, which was written in such complex form and ancient language, that today's modern language is not adequate to clearly understand and express these texts. Only very few people are actually able to grasp the full meaning of these poems. In the 1950's, TCM Dr. Zhou Qianchuan published a book in which he clearly explains the elements of some poetry in relation to the subject. He was also teaching the E-Mei system in Beijing and Shanghai.

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 Information

- Date:** 19-23 August 2009
- Time:** Wednesday: registration at 10.00,  
course: 11.00-17.00  
Thursday-Saturday 10.00-17.00  
Sunday 10.00-16.00
- Venue:** Koninklijk Atheneum Mortsel  
Mechelsesteenweg 134  
(entry: Hof van Riethlaan)  
2640 Mortsel (Antwerp)
- Fee:** € 300
- Accommodation:** A list of hotels and B & B is available upon request.

A confirmation letter and location map will be sent to you nearer the date.

### **BUQI INSTITUTE BELGIUM B.V.B.A.**

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### **Booking Form E-Mei Antwerp 19-23 August 2009**

**Name:**.....  
**Address:**.....  
.....  
**Tel:**.....**Mobile:**.....  
**Email:**.....

- ( ) would like to book for the E Mei daoyin  
( ) would like to receive a list of hotels and B&B  
( ) would like lunches (€ 50 for 5 days)

**Date:** **Signature:**