Hello

I am delighted to finally confirm that we can now study with Dr Shen this summer in the UK. He has kindly agreed to teach a new Buqi basics course, primarily to help Taijiwuxigong teachers treat their students in class. **It is also open to Taiji teachers, Buqi practitioners and offers a good foundation for the full Buqi training.** As many regular students recognise any study with Dr Shen offers a chance for transformation.

A Buqi Foundation Course

in giving Treatment in the Classroom

with Dr Shen Hongxun at

Brighton Study Centre, Brighton

Saturday 22 – Wednesday 26 August 2009

I offer many apologies for the late notice of this course but it took far longer than expected to replace our Shropshire venue with another place where we could study, eat and sleep under one roof. Some places had big halls but no food others had small halls or high costs or were hard to reach.

After much negotiation – site visits, and checking of dates, costs, food, access, accommodation, halls, transport, payments etc at last we have a great venue, inexpensive like Shropshire, but much easier for travel.

This year the first Taijiwuxigong Professional Training Course was completed preparing many students to teach. Dr Shen is giving this special five-day course in Buqi treatment to complement their education.

Buqi trains us to recognise the links between poor posture and health problems. Much can be deduced ranging from a person's physical to their emotional ill health. The Buqi theory of the Double Vicious Circle shows us how postural and emotional negative habits reinforce each other and lead to sickness. Learning how to read and interpret problems from compression along the spine is key to Buqi and to aiding your student's health.
A major function of Taijiwuxigong is to clear the information of ill health, called Binqi, from the body. An understanding of Buqi helps to work the exercises for optimum Binqi clearing. The exercise hall offers an ideal opportunity to work on a wide range of health conditions by observing and adjusting their student's movements. The teacher will need to know how to adapt the exercises to specific conditions such as high blood pressure, early pregnancy, disability and old age etc

This course will include:

• A basic overview of Buqi theory

• Understanding the Double Vicious Circle and how it affects helth

• How to assess and adjust the student/patient's posture

• What to do in emergencies – e.g. a student suddenly feeling unwell, nauseous, fainting etc

• Dealing with Abnormal Reactions – for example stopping Spontaneous Movement that does not stop naturally

PRACTICAL DETAILS

TIMES

Arrive by 12.30 to 1.30pm on Saturday 22nd August for registration and lunch - lesson starts 3pm

Depart after lunch, 1-2 pm on Wednesday 26th August

COST

Course cost: £250
OR £200 for students who did all 6 UK TWG Pro courses
Accommodation and full board: £200
Please pay cash Sterling as Brighton Study Centre do not take Euros

This course will be held in the centre of Brighton, England's most cosmopolitan and popular seaside resort. There will be plenty of places to enjoy visiting – it's a very interesting, lively town.

WHERE YOU WILL STAY

Accommodation and full catering are in the comfortable, modern Brighton Study Centre, by the main train station. This is easily reached from London. Please click on these links for access, map, and travel information. Gatwick is the easiest airport for travel to Brighton.

VENUE : Brighton Study Centre, 1 Billinton Way, Brighton, East Sussex, BN1 4LF

http://www.bellerbys.com/english/locations/brighton_location.aspx
http://www.bellerbys.com/english/locations/brighton_photos_studycentre.aspx

BY AIR
30 minutes by train from GATWICK AIRPORT – there is a direct service every 15 mins to and from Brighton
www.gatwickairport.com

90 minutes by train from HEATHROW AIRPORT – Heathrow can be reached by train to Victoria Train station (every 15 mins, takes 50 minutes) and then by Tube train to Heathrow (45 mins, need to change once).
www.heathrowairport.com

BY TRAIN
Central London is 50 minutes away by train
Two London train stations run a service approx. every 15 mins to Brighton – VICTORIA (06, 21, 36 minutes past the hour) and LONDON BRIDGE (11, 26, 41 ,56 minutes past the hour)

The Brighton Study Centre is used for international students. We will be issued with an ID card on arrival that will act as our key to the building. **Please bring a passport size photo with you – this is essential!** Tell us if you have any special diet needs when you book.

BY CAR

Please note there is no onsite car parking but that you can park in the British Rail car park next door for £10 a day. What you pay for in car parking you have more than saved on in the price for the food and accommodation.

To book or request further information: please email Ann Sheldon on: buqibristol@buqi.net