

*Dr Shen Hongxun invites you
to join his last public lesson.*

Taiji Congress

Conclusion of the teachings
of Dr Shen Hongxun
during the last 20 years.



25-29 July 2007

Sports hall Gent University

Watersportlaan 3

9000 Gent, Belgium

BUQI INSTUTE

Cover illustration (left to right):

1. Heaven Earth Daoyin (one stage of a movement exercise).
2. Application of 'empty force' (in this case: pulling force).
3. Taiji on Heaven Mountain, China.
4. Dr Shen helps to guide Binqi (pathogenic factors) out of a students arms and hands during exercise.
5. Dr Shen during Buqi treatment.

Foreword

20 years ago, the Universities of Gent and of Venice extended invitations to Dr Shen Hongxun. This was the beginning of his teaching in Europe. The Taiji Congress is a celebration of 20 years of Dr Shen's teaching in Europe and the USA, as he will now retire from public teaching.

During the last two decades more than ten thousand people have joined him in his lessons in various countries. Many students have been there during the very early lessons and have participated in most courses that Dr Shen has taught since. There are many now who have reached an advanced level of understanding and practice of Dr Shen's teachings and some who have become teachers themselves. And of course there are also many new students who have only just met him.

Even though there are already teachers of the second generation, some people have voiced their concern that after Dr Shen's retirement it will be difficult for them to continue to study and to develop in their practice. The Taiji Congress is an opportunity for all students and teachers to receive a conclusion of the teachings of the past 20 years.

During the Congress, Dr. Shen will give a special mind to mind information transmission. This will enable students to remember the correct way of practice of Taijiwuxigong, Taiji 37 and Buqi exercises, as this information will spontaneously manifest during their practice.

The Congress is for everyone and open to newcomers. Especially Qigong and Taiji teachers will find the information transmission helpful in the enhancement of their practice.

During the Congress, books and CD/DVD articles will be available for purchase to participants only.

There will be talks by Dr Shen and lessons and exercises with Dr Shen, Shen Jin and other teachers who will assist them. But there will also be room for playtime and games in the evening, and celebration with a show evening featuring traditional Chinese performances and the chance for participants to show their artistic talents as musicians and singers, actors, acrobats etc..

Programme

Taiji Congress 25-29 July in Gent

Day 1 **25 July**

11:00-11:30	Opening ceremony with Traditional Dragon Dance
11:30-12:30	Opening address by Dr Shen Hongxun
12:30-12:45	General Info re the event
1:00-2:30	Lunch
2:30-4:00	Lying down exercises (Wuxistand for new students)
4:30-5:30	Wuxistand for all
Evening:	free evening

Day 2 **26 July**

10:00-11:15	Talk: Spontaneous Movement for advanced development
11:15-11:45	Break
11:45- 1:00	Teaching new daoyin exercises
1:00 – 2:30	Lunch
2:30- 4:00	Teaching new daoyin exercises
4:00- 4:30	Break
4:30- 5:30	Teaching new daoyin exercises
Evening:	Showtime: Lion Dance, Monkey King theatre play and students' artistic contributions.

Day 3 **27 July**

10:00-11:15	Talk: Meditation techniques
11:15-11:45	Break
11:45- 1:00	Meditation Exercises
1:00 – 2:30	Lunch
2:30-4:00	Meditation Exercises
4:00-4:30	Break
4:30-5:30	Talk: Taiji force - the key of Taijiquan
Evening:	BaGua and pushing hands games and exercises

Day 4 **28 July**

10:00-11:15	Taiji 37 exercises
11:15-11:45	Break
11:45-1:00	Talk: How to use Taiji force for treatment
1:00 – 2:30	Lunch
2:30 – 4:00	Buqi exercises
4: 30-5:30	Buqi Diploma ceremony for diploma students, followed by group photo
Evening:	Dinner and Dance party at the "Holiday Inn"

Day 5 **29 July**

10:00- 11:15	Information Transmission
11:15- 11:45	Break
11:45- 1:00	Information transmission
1:00	Lunch (End)

Practical information

Date: 25-29 July 2007

Venue: Gent University Sports Hall
Watersportlaan 3
9000 Gent

Course Fee: €300 or £200

Accommodation:

In different schools, hotels, cabins and camping. Naturally each school, hotel, etc. charge a different price, therefore we advise you to book as soon as possible, so you can get a good price and condition. As a guideline the price of full board will be approx. €200 for four nights including the dinner and dance party in the Holiday Inn (not including drinks).

Booking:

Via www.buqi.net. After booking, you will get a reply according to your language:

English: Shen Hongxun College

French: Buqi France

Dutch: Buqi Institute International

Other: Buqi Institute International

Service:

For those arriving by train at Gent Sint Pieters station on 24 July, there will be a Buqi team in a Café near the station to direct you toward your accommodation.

We can also help you to rent a bicycle for the duration of your stay, so you can get easily from your accommodation to the Congress venue.

Map & Directions:

Available at a later date via www.buqi.net.