



Life Changer presents

The Five Immune Systems in Zhineng Qigong

Join our compact 3-week online program!

Online via Zoom, 4 – 23 September 2026

Learn from one of the world's leading

Qigong Master Yuantong Liu from Meishan, China,

as well as Hunyuan Qi Therapy Program co-founder Britta Stalling

as they share with you some amazing Chinese secrets of Vital Qi Energy to bring new inspiration, motivation, regeneration and recovery into your life!

*** This program is available with translation to German and Dutch.***

The program is equally suitable for beginners and advanced students

Cutting edge knowledge, skills and effective practices for nourishing holistic health, well-being and strengthening the immune system in challenging times

Discover new ways of being relaxed and joyful while celebrating abundant health from deep within by:

- Staying cool, calm and collected even when the world you have known up until now is tumbling down
- Focusing on opportunities and gratitude during times of crisis, discomfort and confusion Going even deeper inside into the home of your own heart and mind to ignite ideas and solutions from deep within for the next steps in your life
- Experience real inner peace and joy, mental strength and stability
- Ignite trust and relaxation to become even stronger than ever

Focus and Content

- Discover the power of emotions and how they directly affect your organs, health, and overall well-being. Learn to manage emotions for sustainable vitality.
- Experience and practice with Qi—your life force energy—to build strength, emotional balance, mental clarity, and creativity.
- Increase awareness of your consciousness, and learn to apply it intentionally in your daily life.
- Gain an introduction to core concepts of Zhineng (Wisdom) Qigong Science, including the Qi and consciousness field, and how to use it effectively.
- Explore a holistic view of the immune system through both Western and Traditional Chinese Medicine, and discover five interconnected systems from the Zhineng perspective:

Consciousness immune system
Emotional immune system
Energy field immune system
Membrane system immune system
Physical immune system

Activate your innate self-healing power with simple yet powerful methods to enhance Qi flow, support organ function, and strengthen both body and mind—helping you face life's challenges with resilience and clarity.



- Techniques to experience and harness the power of consciousness and its relationship with Qi
- Sound vibrations and chanting (e.g., Xu Yin N, Hun Yuan Ling Tong, Sound of Joy) to cultivate inner peace, stillness, and joy
- Smiling Gong to nourish your inner home and build a foundation for health and happiness
- Methods to shift the Qi field of your living space (Feng Shui principles)
- Self-healing with Hunyuan Qi and Yi Yuan Ti
- Meditation to nourish and transform the five Zhang organs
- Practices to strengthen the immune system, improve lung and kidney function, support the spine, and energize the body, including:

Chen Qi
Qi Squats
Turn the Waist
Membrane vibration techniques

Timing:

Online theory & practice sessions on Fridays and Saturdays

• All Fridays: 4, 11, 18 September 2026
15h00 – 17h00 - CEST (Berlin)
09h00 – 11h00 - EDT (New York)
06h00 – 8h00 - PDT (Los Angeles)

All Saturdays: 5, 12, 19 September 2026
14h00 - 17h00 - CEST (Berlin)
08h00 – 11h00 - EDT (New York)
05h00 – 8h00 - PDT (Los Angeles)

Plus optional practice sessions on Mondays and Wednesdays

• All Mondays & Wednesdays: 7, 9, 14, 16, 21 September 2026
17h00 - 18h30 - CEST (Berlin)
11h00 – 12h30 - EDT (New York)
08h00 – 9h30 - PDT (Los Angeles)

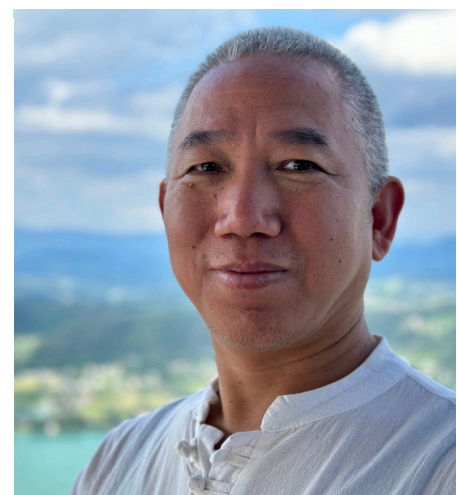
Q & A and Practice Session: Wednesday 23 September 2026
16h00 - 18h30 - CEST (Berlin)
10h00 – 12h30 - EDT (New York)
07h00 – 9h30 - PDT (Los Angeles)

[Link to a time zone converter](#)

Total hours: 25 hrs - You will receive your full schedule upon registration

'Especially, during challenging times, it is a great opportunity to bring yourself back to your own inner home. You are invited to connect deep inside with yourself – your own heart and mind – to allow your true-self to wake up and ignite recovery, rejuvenation, vitality, inspiration, motivation and overall well-being from within. Being compassionate and free to open your heart and mind completely encouraging an intention for the world to recover and unite as one family and one heart.'

- Master Yuantong Liu -



Investment in your Health and Well-being:

310 Euro | USD 340

Participation Fee includes:

- Live Theory and Practice Sessions on Fridays and Saturdays online via Zoom
- Translation of Master Yuantong Liu into German or Dutch
- Practice Sessions on Mondays and Wednesdays
- Informative and interactive **E-Book**: “Zhineng Qigong Science Immune System – how to strengthen and nourish it”
- No worries, if you miss any of the scheduled sessions. We will provide you with access to our E-learning platform, including training videos, downloadable audio practice material, quizzes and assignments.
- NEW: One month of “Life Changer in Action” weekly integration sessions every Wednesday from 17:00–18:30 CET, starting the week after the main program ends. These sessions support you in continuing your practice and integrating the teachings and effective methods into everyday life.

Powerful experiences of previous participants



“The combination of learning something new on the weekend and then repeating and deepening it on Monday and Wednesday is really great!” - Justin, South Africa

“Shifts in my emotional and mental well-being, confidence in healing!” - Adriana, Brazil

“I feel stronger than before. I have been in an emotional very difficult period and I feel I can cope better with the situation. I gained inner confidence and joy again. :)” - Katrien, Belgium

“I feel myself growing and deepening in so many different levels. My health always improves after a retreat with Master Yuantong Liu. My emotions are becoming better. In fact, I’m being helped everywhere.” - Pam, USA



Register here

www.life-changer-worldwide.com | info@life-changer-worldwide.com