



Life Changer presents Zhineng Qigong Level 1

Join our compact 3-week online program!

Via Zoom Online: 5 – 22 December 2025 & 7 January 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

Guiding you through ancient Zhineng Qigong practices to awaken
Vital Qi Energy, opening the way to new inspiration, motivation,
renewal, and healing in your daily life.

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

The program is equally suitable for beginners and advanced students

This program will help you stay centered and calm even when life changes unexpectedly. You'll learn how to embrace challenges with gratitude, uncover new solutions from within, and build resilience. Through practice, you'll experience genuine inner peace, stability, and trust, allowing you to move forward with confidence and strength.

Take this opportunity to reconnect with yourself, release old limitations, and allow fresh possibilities to unfold. With every step, you'll grow stronger, calmer, and more aligned with the life you truly wish to create.

Focus and Content

- Discover the ancient wisdom of Zhineng Qigong Level 1 and learn how to harness Qi—your life force energy—for health, vitality, and inner transformation.
- Build a strong foundation in body and mind by learning the core principles and practices of Lift Qi Up Pour Qi Down, the fundamental method of Zhineng Qigong.
- Strengthen your awareness, cultivate inner peace, and develop balance, resilience, and clarity in your daily life.
- Explore the deep connection between body, mind, and consciousness, and learn how to apply these practices for self-healing and well-being.
- Experience guided practice sessions that help you establish a daily Qigong routine for long-term benefit.
- Learn the foundational “Hold Qi Up & Pour Qi Down” method (Peng Qi Guan Ding Fa), the core practice of Zhineng Qigong. Suitable for both beginners and advanced students.
- Use slow, relaxed, meditative movements + mind-consciousness and visualisation to internally gather Qi and absorb external Qi. Open and harmonize your membrane contact system for better flow.
- Activate your self-healing abilities; strengthen immunity; improve vitality, organ function, emotional stability & mental clarity.
- Practice all 5 sequences of the “Hold Qi Up & Pour Qi Down” method; learn posture & acupuncture-point basics; develop Qi storage & transformation; experience Three Centers Merge Standing meditation & La Qi meditation.
- Also deepen awareness, inner peace & joy; allow your true self to express; enhance creativity, wisdom, and life quality.

Timing:

Online theory & practice sessions on Fridays & Saturdays

- All Fridays: 5, 12, 19 December 2025
15:00 – 17:00 CET (Berlin) / 08:00 – 11:00 EST (New York) / 07:00 – 09:00 CST (Mexico)

- All Saturdays: 6, 13, 20 December 2025
14:00 – 17:00 CET (Berlin) / 08:00 – 11:00 EST / 06:00 – 09:00 CST

- **Optional practice sessions on Mondays & Wednesdays**
Dates: 8, 10, 15, 17, 22 December 2025
17:00 – 18:30 CET / 11:00 – 12:30 EST / 07:00 – 08:30 CST

- **Q & A + Practice Session**
Wednesday, 7 January 2026
16:00 – 18:30 CET / 10:00 – 12:30 EST / 06:00 – 08:30 CST

- **Weekly Integration**
“Life Changer in Action” sessions: every Wednesday in February 2026 (4, 11, 18, 25),
17:00-18:30 CET etc. These help you integrate the teachings into everyday life.

Total Program Hours: 25 hrs

‘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 includes:

- Live theory & practice sessions (Fri & Sat) via Zoom
- Practice sessions on Mondays & Wednesdays
- Translation of Master Yuantong Liu into German and Dutch
- E-Book: Chinese Sport Health-building Methods – First level of the dynamic method of Zhineng Qigong: Hold Qi Up Pour Qi Down Method
- Downloadable full video set of the “Hold Qi Up & Pour Qi Down” method: step-by-step videos, multiple camera angles, subtitles, large text for practice in front of your screen, bonus materials.
- Access to E-learning platform: training videos, audio practice material, quizzes & reflections.
- **NEW:** One month of “Life Changer in Action” weekly integration sessions in February to maintain momentum and deepen your practice.

Powerful experiences of previous participants



““I thought that I already knew Hold Qi Up Pour Qi Down & understood the 8 verses. I learned so much. When practicing these two methods, it is now so much more powerful and meaningful.”

“I have found a deep inner peace that I have not known for many years – I have healed both physical and emotional areas – my mind is clear and nourished.”

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



Register here

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