



BODY & MIND
FACTORY



Qigong Teacher Zou Ping

from China,
now living in the UK

Body & Mind method - Zhineng Qigong

24, 25 and 26 August 2024

Bad Zwischenahn close to Bremen, Northern Germany

The "Body & Mind" method focuses primarily on the development of the internal Hunyuan Qi. It includes ten sequences of movements and visualizations, which help the Qi to harmonize ligaments, muscles, bones and joints in various parts of the body, literally from head to toe. The exercise facilitates the movement and distribution of Qi into the periphery of the body. Stagnant Qi starts to flow again, even in parts of our body which are rarely activated and moved e.g. shoulder blades, hips, ribs and vertebrae.

Focus and Content:

- Zhineng Qigong Level 2: Deep practice and profound, detailed theory
- Methods to activate the self-healing abilities of your body from deep inside
- Many detailed explanations which facilitate and deepen the practice of this method
- Stabilize mind, strengthen your body and gain new focus and concentration
- Building a powerful, strong and effective healing Qi field
- Rejuvenation and re-energizing
- Daily healing meditations and practice guidance of Teacher Zou Ping
- Methods and exercises can be integrated in your daily routine after the course

Zhineng Qigong is a powerful system for holistic health, restoring and enhancing the body's vital functions. It improves life quality and allows you to enjoy your life more fully. The "Body & Mind" sequences can be practiced individually. Initially challenging, the movements quickly activate inner Qi, becoming smoother and more relaxed over time. This practice calms the mind, unifies body and mind, enhances vitality, and promotes energy flow to the body's extremities. Muscle and joint tension dissolves, strengthening and beautifying the body. Energy flows harmoniously through meridian channels, regenerating the body. These exercises also enhance focus, concentration, and intelligence, according to the founder of Zhineng Qigong, Dr. Pang Ming.

Learn from teacher Zou Ping:

"One Earth, One Qi connects us to each other!"

Teacher Zou Ping, born in Jiangxi Province, China in 1973, is the director of HXJ Cultural Exchange Ltd in the UK. His journey into Zhineng Qigong began in 1992 after discovering a book that detailed its healing and wisdom-giving benefits. By 1993, he became a Zhineng Qigong Teacher.

In 1997, he joined the Huaxia Zhineng Qigong Centre, working in the rehabilitation department and witnessing the profound healing effects of Qigong on various illnesses. This experience solidified his commitment to the practice.

In 2003, Teacher Zou Ping co-founded a Qigong Health Centre in Hainan. Since 2009, he has traveled globally, teaching Qigong in over a dozen countries. His mission is to share the transformative power of Zhineng Qigong, believing that "One Earth, One Qi" connects us all.



Course Co-Facilitator
Britta Stalling

24 -26 August

Saturday and Monday
10h-17h

Sunday
10h-16h00

Where:

This course takes place in the beautiful holiday resort Bad Zwischenahn in Northern Germany, north of Bremen. We are happy to support you in finding a great accommodation.

Your Investment in Your Health & Well-being: 420 Euro

(10% Diligence Discount - 30 % Discount for Teachers, Doctors and Coaches)

Wellbeing From Within