



BODY & MIND  
FACTORY

# Qigong Master from China

*Embrace your power level up your health*

*Master Yuantong Liu from Meishan, China.*

**When:** 28 – 30 November 2025

**Where:** Northern Germany Bad  
Zwischenahn (near Bremen)

## Zhineng Qigong Level 1

- Based on the **First Medicineless Hospital**, this course introduces - among others - the foundational method: "**Lift Qi Up and Pour Qi Down**" (Peng Qi Guan Ding Fa) method.
- This holistic method is practiced worldwide for **health, prevention and self-healing**. It enhances body awareness, inner wisdom, and supports living in **alignment** with your true self to live the life you love!
- Through **gentle movements, visualization, and focused intention**, the flow of life force energy (Qi) is harmonized. This **strengthens your internal Qi and opens pathways** to universal Hunyuan Qi.
- The method is **accessible even for those with physical limitations**, as mental focus is more important than perfect movement.

*"This holistic approach supports the transformation into a new, positive mindset and emotional state. It's a real chance to expand one's consciousness, and fully open heart and mind."*

*Birgit - Germany*

One characteristic of Zhineng Qigong Level 1 is that the mind and Qi integrate into one and you use your mind consciousness to induce Qi. **Slow, gentle, relaxed, meditative movements** are combined with the mind's consciousness and visualizations to induce the internal Qi to move outward and external Qi to be absorbed inwardly.

This method is **very effective to collect and gather Qi**. It's very **easy to learn and yet super effective**. Some benefits and results of practicing this method:

- **Activating the innate self-healing abilities** of your body and learn to emit external Qi for healing
- **Increased inner peace and joy, calm and relaxed** state of being
- Enhanced **vitality, mental and physical strength**, clarity & well-being
- **Balanced emotions and harmonious relationships** with others, nature and yourself
- **Improved awareness** and ability to allow your true-self to express itself

## Your Health and Vitality Program:

**09h30-12h30:** Theory and Practice

**12h30-14h30:** Lunch Break

**14h30-17h30:** Theory and Practice

**Qi Healing Evening (Guests are welcome)**

**Saturday:** 18h – 19h

**Retreat ends on:** Sunday at 16h30

**Total:** 18 hours



*"With an open heart and mind, control of one's own consciousness is not only possible, but a logical outcome. A properly set healing intention for yourself and others is already the start of a healthier and more authentic life!"*

*We must learn to control our thoughts and know how to activate the Hun Yuan Qi for holistic health promotion to heal ourselves and others to live our best life."*

**Master Yuantong Liu**

## Our Holistic Health- und Vitality-Program from 28 – 30 November 2025

**The following practical exercises will be offered, which can be integrated into your everyday life after the workshop:**

- The Power of Consciousness (Right-Left Meditation)
- "Lift Qi Up, Pour Qi Down" – practice for overall health and well-being
- Qi Squats – directing and using consciousness inward
- Sending and Receiving Qi
- La Qi
- Methods to activate and deepen the body's self-healing abilities

### **What to Expect:**

Detailed explanations of all movement sequences and meditations to make practicing this method easier and more effective

- Strengthening of the immune system, renewed focus and concentration, and a deep sense of inner vitality
- Physical and mental renewal and rejuvenation
- Building a powerful Qi field – both as a health method and a path to manifesting your life intentions
- Daily practice to activate the self-healing powers, guided by Master Liu



**Venue:** This course takes place in the beautiful holiday resort Bad Zwischenahn in Northern Germany, close to Bremen. Further details on the venue can be found on our website.

We are happy to support you finding great accommodation in Bad Zwischenahn.



Master Yuantong Liu has been engaged in Zhineng Qigong and teaching for over 35 years. He accomplished the rigorous teachers' program in the Huaxia Zhineng Qigong Clinic & Training Center – globally renowned as the first "medicineless hospital in the world" – under the guidance of Dr Pang Ming.

He continued to work closely with Dr Pang Ming for 10 years and has supported the health of thousands of people – including mental, chronic and terminal illnesses. He teaches the principles of Zhineng Qigong self-health care methods in his own Qigong Center in China, as well as in Europe, the USA, Mexico, South Africa, Indonesia and Malaysia.

His commitment to traveling globally is based on his vision to share the wisdom, power and benefits of Zhineng Qigong Hunyuan Qi Therapy with as many people as possible. Regaining one's health, inner wisdom, balance, increased self-awareness, trust and confidence in sharing these holistic health methods with others are concrete results.

*"I am very grateful for this workshop, the connection and quality that came into my life. I can feel a new state of health on mental, emotional and physical level I practice every day since then."*

**Karola - Germany**