



How will you benefit from it?

- ➔ Reduce stress and anxiety.
- ➔ Train and increase awareness of your mind and heart, and of your emotions, thoughts and behaviour.
- ➔ Stabilise and strengthen your mind, creating emotional balance
- ➔ Develop better focus and improve your inner perception of what is, and what you are intending to achieve.
- ➔ Meditation and body movements for the mind and heart based on Zhineng Qi Gong teachings.
- ➔ Methods and exercises can be integrated into your everyday life after the course

"When the mind withdraws into itself, the subject and object of perspective are unified. Your True Self can shine through and you are no longer a slave of character and emotions, but their master." - Zhen Qingchuan

Location

Kawai Purapura, Retreat Centre

14 Mills Lane, Albany
North Shore, Auckland, 0632
New Zealand

www.kawaipurapura.co.nz

Accommodation

Accommodations and meals are available at Kawai Purapura retreat centre; please enquire directly with the venue.



 **alwaysbenow** RETREATS

Further information

www.facebook.com/events/614430458978936/

Contact us

alwaysbenow@gmail.com



Workshop & Retreat

with

Master Zhen Qingchuan

Easter Weekend
19-22 April 2019

Kawai Purapura
Retreat Centre
Albany, Auckland

brought to you by  **alwaysbenow** RETREATS



What is Qi Gong?

Qi Gong Is an effective system of methods and tools to achieve holistic health. Through gentle physical movements, combined with visualisations and mind consciousness, the vital functions of your body are restored, strengthened, and improved naturally.

Who is it for?

The workshop and retreat are **open and accessible to all**: enthusiasts, beginners and advanced students alike.

No prior experience or knowledge of Qi Gong is required, as clear and simple guidance is provided.

Practitioners, teachers, and therapists will expand their understanding of Qi Gong, while deepening their practice with a focus on individual perception.

What do we offer?

A modular programme to suit your needs, including approx. 6 hours of daily study, practice, and self-healing, plus lunch and morning/afternoon tea.

2-day Workshop | Fri 19 - Sat 20 April

Based on the Psychology of Inner Perceptions, this workshop offers a practical approach to observing our internal mental state and to eliminating problems from within, following a process of discovery and recovery.

4-day Retreat | Fri 19 - Mon 22 April

The retreat offers an additional 2 days to complement the workshop and integrate your learnings into Qi Gong practice, to achieve maximum benefits.



Free Open Session | Thurs 18 April

Introduction, Q&A, and pre-registration.

Cost

Workshop: \$230/ early bird \$199

Retreat: \$449/ early bird \$380

Book before Wednesday 20 March for the early-bird discount.

Registration link

<http://goo.gl/forms/L2xozFA5uTJaoTQt2>



Who is Master Zhen Qingchuan?

Engaged in Zhineng Qigong healing and teaching for over 25 years, Zhen has supported the healing of thousands of people, from mental, chronic and terminal illnesses.

Zhen will reignite your natural ability to self-reflect and to connect with your inner knowledge and wisdom, towards holistic health & well-being (mental, emotional and physical), and will support you in reaching your full potential.

Zhen is an experienced teacher of Zhineng Qigong, an accomplished healer, and the co-author of "The Psychology of Inner Perceptions", a book about a new branch of psychology originating from Traditional Chinese Medicine (TCM).