

An inspiring five day retreat with nourishment and training

Zhineng Qigong Healing Retreat

With an internationally acclaimed qigong master couple,

Lu and Ling, from Dao Qi Health Culture, China

Christchurch Spencer Park's Koru Lodge

13 – 17 March 2020

*Reveal your true self
Enhance your own strength*

Registration closing date: 20 Feb

30 hours CPD

	Standard fee (after 20 Jan)	Early bird (before 20 Jan) or unwaged
Retreat + meals + bunk room	\$840	\$740
Retreat + meals (organic vegetarian feast)	\$760	\$660
Retreat without meals and accommodation	\$600	\$500

Book other accommodation
options through the park website:
spencerbeachholidaypark.co.nz

Limited to 36 spaces, register now at sandyjsky@gmail.com

Your registration will be confirmed once the full amount or a deposit of \$300 has been received.

For more information: www.daoqiworld.com or www.qigongtrust.org.nz

A precious gift to reward busy you

Zhineng Qigong Healing Retreat

Rejuvenation, strength, balance, relaxation & tranquility



Teacher Lu Zhengdao

At a young age, Lu had a serious illness, affecting his liver. Motivated by the need to improve his health and life, he chose a new path, to practise Zhineng Qigong – Wisdom Energy Cultivation.

After regaining health, becoming a healer and discovering the value of life, Lu has been teaching and has trained more than 46,000 people in more than 21 countries all over the world over the past 27 years. In 2000, Lu created Dao Qi Health Culture and teaches the safest and most effective way of healing, by working on “mind-nervous-endocrine-immune-system” networks. His teaching on Zhineng Qigong healing has greatly impressed students studying in China, Europe and Canada.

Lu strongly believes that “true self” is not a philosophy, nor a belief. Everyone is born with the true self, but most people’s true self has been inhibited. Only when living in one’s true self, can we live a true, harmonious and free life.

Teacher Ling Ming

Ling started to follow Grand Master Pang Ming, the founder of Zhineng Qigong, to learn qigong when she was 16. Over the last 28 years, she has healed and educated more than ten thousand people through Qigong practice.

Ling’s teaching is clear, relaxed and joyful, especially step-by-step guidance of her students to perceive the reality of body and mind. Students equally love the combination of lightness and depth that she brings.

Ling first met Lu, when she studied in the Teacher Academy in Huaxia Zhineng Qigong Centre, China in 1995, and Lu was her qigong theory teacher. Unlike Lu who came from a remote poor village, Ling grew up in Beijing, the capital of China; they both are deeply attracted by Zhineng Qigong and Ling married Lu in 1998. Together they dedicate their lives to sharing the powerful healing and life improving information of the New Culture for Humanity worldwide.

Qigong and Zhineng Qigong

Qigong is an ancient Chinese holistic therapy. It is the foundation to taiji (taichi), but relatively simpler than taiji. Qigong includes dynamic and static forms. Zhineng Qigong emphasises moving meditation rather than static meditation. It uses the consciousness, body, breath, sound vibration and universal qi (energy) to bring about positive transformation of the body, mind and spirit.

"After practicing Zhineng Qigong, my cancer disappeared. In the practice, I feel protected, joyful, safe and more energy. Healing comes naturally when we get out of the way and go beyond our attachments. Our new life is starting Now!"

~ Luise Kohl-Hajek, Germany

"The gentle movements stretch every muscle in my body although they look very simple. My muscles feel stronger, and I am mentally stronger too. While practicing, I feel the sense of "unity with the universe.""

~ Susan Sky, NZ

"Through regular qigong practice, my back pain is healed and my spine is more flexible. I had also been suffering severe shoulder pain for months. Just like a miracle, after one qigong class the pain had gone. The pain did come back a couple of days later, but much milder. After regular practice, I am pain free. This was a wow fact for me. I LOVE the feeling of connectin to the Universal Qi, and would like to share qigong with others."

~ Graham Good, NZ

The Zhineng Qigong Healing Retreat:

The retreat is for qigong students/teachers and therapists to deepen their practice, and for novices to learn qigong, this energy healing and advanced preventative medicine.

Lu and Ling will guide you and help reveal your true self through their teaching of qigong theory and practice. They'll help you enjoy a more relaxed, healthy, free and joyful life.

Note: the true self is known as our divine nature, or our inner supreme self ...

Venue:

Koru Lodge at Spencer Park, 100 Heyders Road, Christchurch

Time:

Friday 2pm, 13 March – Tuesday 2pm, 17 March, 5 days and 4 nights in 2020

Daily timetable

07:00 – 08:00 Morning practice

08:30 Breakfast

09:30 – 12:45 Qigong theory & dynamic practice (in between 20' break)

12:45 Lunch

15:00 – 18:00 Qigong theory & dynamic practice (in between 20' break)

18:00 Dinner

19:00 – 20:00 Evening practice, e.g. meditation

20:00 Rest

Zhineng Qigong Healing Retreat Enrolment Form

Spencer Park's Koru Lodge, Christchurch

Fri. 2pm 13 - Tue. 2pm 17 March, 2020

Please print

This record will be treated as confidential.

Name <input type="checkbox"/> Mr./ <input type="checkbox"/> Mrs./ <input type="checkbox"/> Ms./ <input type="checkbox"/> Miss		Age	
Phone number		Cell phone	
E-mail		Occupation	
Address			
Alternate Contact: Name		Relationship	
Phone number		Cell phone	

What health benefits/improvements would you like to achieve? Please tick.

<input type="checkbox"/> Flexibility	<input type="checkbox"/> Posture	<input type="checkbox"/> Balance	<input type="checkbox"/> Energy	<input type="checkbox"/> Relaxation
<input type="checkbox"/> Immunity	<input type="checkbox"/> Digestion	<input type="checkbox"/> Circulation	<input type="checkbox"/> Respiration	<input type="checkbox"/> Blood pressure
<input type="checkbox"/> Kidneys	<input type="checkbox"/> Bladder	<input type="checkbox"/> Liver	<input type="checkbox"/> Arthritis	<input type="checkbox"/> Rheumatoid Arthritis
<input type="checkbox"/> Back pain	<input type="checkbox"/> Insomnia	<input type="checkbox"/> Osteoporosis	<input type="checkbox"/> Eczema	<input type="checkbox"/> Migraine
<input type="checkbox"/> P.M.T	<input type="checkbox"/> Nerves	<input type="checkbox"/> Emotions	<input type="checkbox"/> Spiritual growth	
<input type="checkbox"/> Others:				

Have you ever had any of the following? Please tick.

<input type="checkbox"/> Heart valve replacement or pacemaker or stent	<input type="checkbox"/> Hip / limb / joint replacement
<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Stroke <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes <input type="checkbox"/> Heart attack

Have you practised qigong, taiji (taichi), martial art, meditation, dance, yoga, reiki, pilates, Feldenkrais, Alexander technique, etc. before? If the answer is yes, what's your experience?

What is your expectation of the retreat?

Refund Policy

Full refund is payable up to 20 Jan.

60% refund payable up to 20 Feb.

Non-refundable after 20th Feb, but your place can be transferred to someone else.

Accommodation

Accommodation in the Koru Lodge of Spencer Park

6 bunk rooms, each sleep 6, but will be limited 3 in one room for comfort, including linen: **\$80**.

If you would like the Park's other accommodation options, e.g. tourist flat, cabin, camping site, please book by yourself through <https://spencerbeachholidaypark.co.nz/>.

If you choose to book a tourist flat and would like to share your flat with other participants, please go to Sandy's FB: Sandy Qigong and write down which beds are available to share with male or female friends, to find someone who might be interested in this idea.

Sandy has placed a poster on her FB for writing down your comment to find your roommates.

Meals

Delicious organic vegetarian feast: **\$160**

Special dietary requirements: please tick

<input type="checkbox"/> Vegan	<input type="checkbox"/> Ketogenic	<input type="checkbox"/> Gluten free
Others: e.g. food allergies		

Please choose one option among the 6 fees and tick it.

Registration closing date: 20 Feb Limited to 36 participants	Standard fee between 21 Jan – 20 Feb	Early bird (before 20 Jan) or unwaged
Retreat + meals + bunk room	\$840	\$740
Retreat + meals	\$760	\$660
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Please direct credit Sandy Jiang's bank account: 02-0800-0681019-025 (or 25) with your name as reference, and e-mail your enrolment form (2 pages) to sandyjsky@gmail.com. Thank you very much for your enrolment. A confirmation e-mail will be sent to you after Sandy has received both your payment and enrolment form.

I have paid the full amount	
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OR

I have paid the deposit \$300 to register and will pay the rest amount before 20 Jan.	Subtract 300 from your ticked fee and state the balance here	\$300

OR

I have paid the deposit \$300 to register and will pay the rest amount between 21 Jan to 20 Feb	\$300	Subtract 300 from your ticked fee and state the balance here

I take responsibility for myself and accept the conditions of participation.

Signature: _____

Date: _____