



Zhineng Qigong

International Teacher
Training Course

2019

Daohearts
The Harmonious Big Family



International Zhineng Qigong Teacher Training Course

March 20th – June 6th 2019 in China

The Harmonious Big Family offers an intensive three month Zhineng Qigong teacher training course in China.

This course has been designed and developed by the teachers of Harmonious Big Family, all of whom are direct students of Dr. Pang Ming, Zhineng Qigong's creator.

With over 20 years of experience in the arts of teaching and healing, the Harmonious Big Family teachers are highly qualified to share their understanding of Zhineng Qigong's methods, theory and practice.

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The teacher training course is a pathway for acquiring the fundamental skills, knowledge and wisdom of Zhineng Qigong in relation to holistic health cultivation, healing of body and mind, emotional balance, longevity, mastery of human potential, increased consciousness and awareness in every moment, leading to improvement in all aspects of life.

Whether you would like to learn more about Zhineng Qigong, deepen your own personal energy practice, or become a Zhineng Qigong teacher, this intensive training course will give you a unique opportunity to experience the power of life energy, leading to an awakening of the true self and a deep connection to life itself.

health ~ freedom ~ peace ~ awakening ~ compassion ~ happiness ~ love





Course organization

This three months teacher training class is divided into three retreats. You can join one or two of them. If you attend two or three retreats, you can join the practices between each retreat with free tuition, room and food.

Part 1: Level One retreat: 20 March – 13 April (25 days)

Arrival date: March 18 or 19, 2019; departure date: April 14 or 15, 2019.

This course is for relatively healthy people who want to learn, practice and teach Level One as well as improve their health.

Purpose and content:

1. Learn about all aspects of Zhineng Qigong culture, including its methods, theory, history and mission, and about its founder.
2. Learn, experience and confirm the reality that everything is qi, building an understanding and experience of the qi world and qi life.
3. Consciousness observes and merges with the body. Open your inner space, achieve qi body state, experience different levels of entirety state.
4. Consciousness guides different parts of the qi body to change freely, as well as merges and guides universe qi to transform body qi freely.
5. Develop some primary paranormal abilities, for example: sense qi diagnosis, send qi to do healing for self and others, send qi to plants.
6. Become a teacher of Level One: train to teach the methods and theory of Level One: including La Qi, Lift Qi Up Pour Qi Down, standing meditation, massage abdomen, creating a qi field.
7. Open the heart: Be happy in the present moment; in the oneness state, see through and break the fixations of emotions, affections, love, habit, material things, science, religions and all kinds of desires.





Part 2: Level Two retreat: 16 April – 10 May (25 days)

Arrival date: April 14 or 15, 2019; departure date: May 11 or 12, 2019

This course is for relatively healthy people who have learnt Level One and want to learn, practice and teach Level Two as well as be healthier.

Purpose and content:

1. Consciousness merges with the body to experience the qi body state at a deeper level.
2. Guide the qi body in the movement to clearly experience inner transformation at the layers of the skin, muscles, tendons, channels, bones and joints.
3. Develop your inner observation abilities to experience deep level body sensation to build a stable entirety of body and mind, to know life well and see beyond physical life, forming a foundation of consciousness life.
4. Based on your qi body state, open your whole body structures and make them flexible, beautiful and healthy, qi and blood flowing well.
5. Practice body, mind and qi combination healing, do healing for self and others, as well as make healing plans for others.
6. Become a Level Two teacher, leading practice and teaching Level Two: Body Mind Form, lead qi along the channels, wall squats.

A Level Two teacher certificate is provided by Harmonious Big Family.





Part 3: Advanced retreat: 13 May – 6 June (25 days)

Arrival date: May 11 or 12, 2019; departure date: June 7 or 8, 2019.

Purpose and content:

1. Learn about yiyuanti, consciousness and Daode theory.
2. Experience and maintain aware consciousness to go towards the true self.
3. Improve the purity of your consciousness.
4. Train your concentration, power, independence and confidence of consciousness.
5. See through attachments and fixations to transform and go beyond all kinds of emotions.
6. Develop yiyuanti's functions, based on the second life-system to practice the entirety of body, mind, qi and the universe.
7. Develop the paranormal abilities of yiyuanti in receiving information and sending information, practice pure consciousness information healing, long distance healing and scientific experiments.
8. Cultivate universal love and compassion to build a harmonious life, harmonious relationships and a harmonious world; enjoy an aware and harmonious entirety life in the present moment.
9. Learn some parts of Five Hunyuan Form.

An advanced teacher certificate is provided by Harmonious Big Family.

Those who satisfactorily participate for the full three months will receive a **Zhineng Qigong International Teacher certificate** provided by the Harmonious Big Family.





Location

The Zhineng Qigong teacher training course will be held in a hotel near Chengdu at the foot of Qingcheng Mountain. It is one of the birth places of Daoism in the center of Sichuan Province of China.

Daily schedule

6:30 – 8:00 am: free practice	3:00 – 6:00 pm: practice
8:00 am: breakfast	6:00 pm: dinner
9:30 -12:00 am: practice	7:30 – 8:30 pm: practice
12:00: lunch	

Teachers

Xi Xiaofeng, Tao Qingyu, Dong Xinjian, Wei Qifeng

Prices (including food, room and tuition)

One month: 13,000 RMB
Two months: 24,000 RMB
Three months: 33,000 RMB

A single room is for an extra cost of 100 RMB per day.

Visa

You need a 3-months-visa for the whole teacher training course. If you cannot get 3-months-visa, you need to get a two months multiple entry tourist visa in order to extend this visa for another month in Chengdu.

Contact

Teacher Xi: hylt93@163.com
Teacher Tao: taoqingyu@139.com

For more information visit our website: <https://www.daohearts.com/2019-three-months-teacher-training-class/>

