



QIGONG WORKSHOP
CONSCIOUSNESS AND EMOTIONS

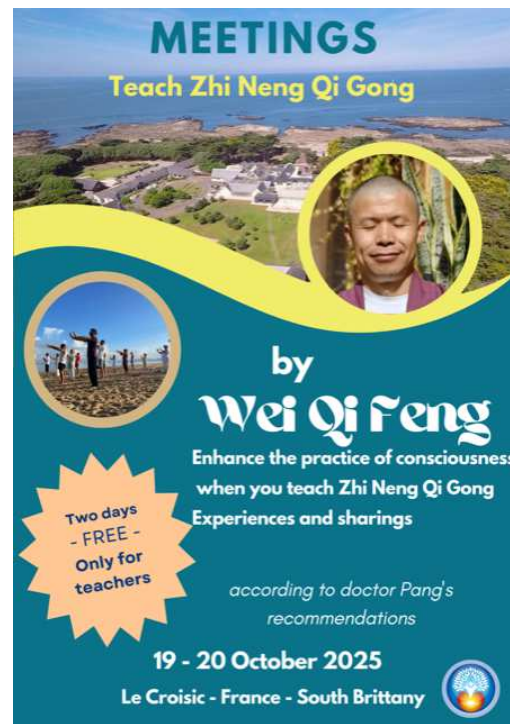
ZHI NENG QI GONG
MING JUE

by
Wei Qi Feng

Practice awareness
Transform emotions
from 20 to 30 October 2025
Le Croisic - South Brittany
France

earlybird
10 days
Workshop
from 630 €
before April 30,
2025

For information, registration and booking,
Please contact : Soazic, Julien, Nicolas,
Philippe at infostagewei@gmail.com



MEETINGS
Teach Zhi Neng Qi Gong

ZHI NENG QI GONG
MING JUE

by
Wei Qi Feng

Enhance the practice of consciousness
when you teach Zhi Neng Qi Gong
Experiences and sharings

Two days
- FREE -
Only for
teachers

according to doctor Pang's
recommendations

19 - 20 October 2025
Le Croisic - France - South Brittany

Introduction

Following the great success of the Qigong course organised by our team around the teachings of Professor Wei Qi Feng in August 2024, we'd like to invite you to join us again in All Saints period 2025 for a new ten-day Qigong course **in** the beautiful

Domaine de Port aux Rocs in Le Croisic, **in the South** of Brittany **in** Loire-Atlantique. The course will be preceded by two days of meetings reserved for Zhi Neng Qi Gong teachers.

Consciousness and emotions course

The Qi Gong course is open to everyone, whatever your level of knowledge or practice of qigong. Whether you're a novice or an experienced practitioner, you'll discover and experience a simple, profound and effective practice supported by rich, structuring and enlightening theoretical teaching, which will enable you :

- ✓ enter into deep states of relaxation and release,
- ✓ increase your vitality,
- ✓ understand and harmonise your emotions,
- ✓ calm the mind, dissolve stress and release psycho-emotional tension
- ✓ develop clearer awareness,
- ✓ open your heart and improve your life.

The teaching will be given in English and translated into French.

The 'Teaching Zhi Neng Qi Gong' meetings

Professor Wei is inviting participants with experience of teaching Zhi Neng Qi Gong to join us two days earlier, to take part in a series of meetings focusing on the importance of working on consciousness in the transmission of Dr Pang's methods. These two days will be an opportunity to share our experiences and reflect on how to deepen our teaching practice with our students, around the central notion of consciousness in Zhi Neng Qi Gong. This will be a time when Pr Wei will

accompany the Zhi Neng Qi Gong teachers in developing and elevating the teaching collectively. Apart from board, these two days are offered at no extra cost.

Content of the course « Consciousness and emotion »

This year, the theme of our practice will be emotions.

This subject, so profound yet so everyday, is an essential part of the practice and theory of Zhi Neng Qi Gong.

Emotions play an important role in our lives, running through us and sometimes agitating us, and we often don't know how to deal with them or transform them.

According to Chinese medicine, emotional disharmony is the cause of the majority of illnesses. According to WHO studies, the stress generated by disordered and uncontrolled emotions is the primary cause of cancer, depression and eating disorders.

Emotions therefore have a major influence on human health.

Emotional harmony creates a climate conducive to vitality, the expression of beauty and the fulfilment of consciousness.

During this seminar, Professor Wei Qi Feng will give us practical tools to help us better understand our emotions, observe them, experience them, work through them and transform them. We will see how the development of clear consciousness - Ming Jue - with the practical and theoretical tools of Zhi Neng Qi Gong, can help us to stop being dependent on our emotions, so that we can be at peace with them.

Throughout the course, we'll be moving the spine, the major joints, the muscular chains and the fascias, to strengthen and soften the whole body and get the harmonious Qi flowing through the organs and all the body.

Ming Jue's practice will invite us to observe the mechanisms of emotions at the level of the mind, and to transform emotional blockages through unconditional love, acceptance and gratitude.

We will discover and practise consciousness-guided energy healing methods.

We will cultivate joy and open our childlike hearts to form a great field of harmonious Qi.

Schedule and program

The 'Teaching Zhi Neng Qi Gong' meetings

The meetings will take place from Saturday 18 October 2025, late afternoon, to Monday 20 October, late afternoon.

The workshop « Consciousness and emotions »

The course will run from Monday 20 October 2025 late afternoon to Thursday 30 October morning:

- ✓ Monday 20 October afternoon: welcome by the organisers
- ✓ Period of silence planned at the heart of the course (3 days)
- ✓ Period of water fasting (broths, fruit and vegetable juices) according to the wishes of the trainees during the period of silence
- ✓ Wednesday 29 October in the evening: convivial and festive sharing at the end of the course.

✓ Thursday 30 October: breakfast and picnic lunch included in the accommodation package.

✓ Rooms are to be returned on Thursday 30 by 10am.

Silence and fasting:

Reducing the flow of words and auditory stimuli as well as taking a momentary step back from the habit of eating will be an opportunity to raise our level of consciousness, free ourselves from conditioning, soothe our hearts and cleanse our bodies.

Schedule : Meetings (19-20 October) - Workshop (21 to 29 October)

7am-8am: Practice

Breakfast (7am-9.30am)

9.30am-12pm: Practice, theory.

Lunch (service: 12:30-13:30)

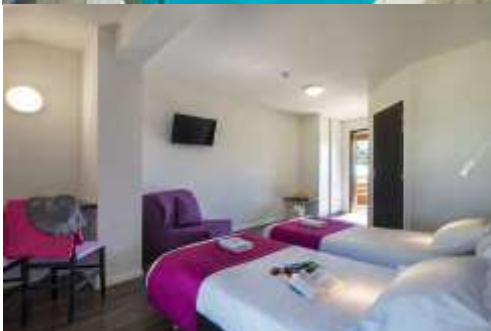
3.30pm-6.30pm: Practice, theory.

Dinner (service: 7pm-8pm)

8.30-10pm: Free practice: meditations, sharing circle, social time as you feel like it.

The venue

The course will take place on the domaine of the 3-star holiday village of Port aux Rocs in Le Croisic (Loire-Atlantique).



In a natural setting on the edge of the ocean, between Bretagne and Pays de Loire, the estate is located 3 km from the village of Le Croisic, and about an hour from Nantes.

Most of the rooms are doubles, with a few singles.

A heated, covered, unsupervised swimming pool is available from 9am to 9pm. Bring your swimming costume and towel (not supplied)!

Bed linen and towels are provided. Pets are allowed (€51 per stay). Wifi is available on site.

A shuttle service between Le Croisic SNCF station and the Port aux Rocs estate is available between 9am and 7pm on arrival and departure days of arrival and departure (cost €5 per journey and per passenger).

For trainees wishing to come with their families, the Port aux Rocs estate offers a wide range of activities for all ages.

The Port aux Rocs estate offers 3 free guided tours:

- ✓ le Croisic village via the customs officers' trail,
- ✓ the medieval town of Guérande,
- ✓ the Bruyère regional park by boat and discovery of the local flora and fauna. A short diversions to discover the estate via their website: <https://www.domaine-portauxrocs.eu/>

Meals

The restaurant will offer a maximum of fresh, local and seasonal produce. Breakfast will be buffet style. Lunch and dinner will be served à l'assiette. For lunch, cheese and coffee will be included in the buffet.



Special diets: The kitchen offers the possibility of adapting meals according to the choice expressed at registration, dishes may be:

- vegetarian,
- vegan,
- gluten-free,
- dairy-free

If you have a special diet, you can indicate this when you register.

Fasting: For those who wish to follow the fasting time, broths and fruit and vegetable juices will be available.

You are free to stop fasting at any time.

We will ask you to indicate this on the registration form.

If you follow the fast, there will be no reduction in the boarding price, which is fixed.

The practice

We'll be practising in a large 300 m² heated hall. Bring your own floor mat and meditation cushion. Bring loose, supple comfortable clothing for the practices. Hot water, tea, coffee and herbal teas will be available during breaks. All teachings will be audio recorded and available to all participants.

The teacher

[Click here to see a video of Professor Wei's practice](#)

Professor Wei Qi Feng first discovered Zhineng Qi Gong in 1991. In 1993, he joined the two-year programme to become a teacher. When he graduated, Dr Pang He Ming gave him the message that he should put all his efforts into developing and sharing Zhi Neng Qi Gong, a message which has continued to inspire him ever since.



From 1995, he regularly guided morning and evening practices for the team of teachers and therapists at the Huaxia centre. At the same time, he was part of a group of teachers chosen to experiment with the new methods created by Dr Pang. In 1999, he joined the treatment team.

For almost 15 years now, he has been travelling the world to run courses aimed at sharing confidence, love, awakening and joy through the practice of qigong.

The organisers

The team is made up of 4 Zhi Neng Qi Gong teachers: Soazic Le Tallec, Julien Bonet, Nicolas Lovet-Durbet and Philippe Lingée.

Prices

Tuition fees

Consciousness and Emotions course:

- ✓ Reduced rate: €630 for registrations before 30 April 2025
 - ✓ Full price: €720 for registrations after 30 April 2025
 - ✓ Solidarity rate: €540 for registrations before 30 April 2025 (RSA, students, etc.)
- To benefit from the solidarity rate, no supporting documents will be required.

Teaching Zhi Neng Qi Gong' meetings:

No teaching fees

Hotel and catering costs

Course: the booking is for full board from 20 to 30 October 2025 for 10 nights.

Double room: €897 per person

Single room: €1067 per person (limited number of places)

Meetings + course: booked on a full-board basis from 18 to 30 October 2025.

Double room: €1077 per person

Single room: €1281 per person (limited number of places)

Non-residents (very limited number of places)

For trainees wishing to be accommodated elsewhere, the tuition fee is €720. The cost of meals is: Breakfast: €10.50 / Lunch: €24 / Dinner: €24 At least lunch or dinner is compulsory.

Registration

- ✓ To register, [click here to go on the online registration form](#)
- ✓ After completing the form:
 - o [Download the accommodation booking form by clicking here](#) or it is accessible from the registration form,
 - o Fill it in,
 - o Send it by email or post to Domaine de Port aux Rocs. You will find the address on the registration form.

The payment

To validate your registration, the following two conditions must be met:

- ✓ Payment of a deposit for the course fees to the organisers.
 - ✓ Payment of a deposit for accommodation at the Port aux Rocs estate.
- To benefit from reduced rates these conditions must be met before the deadline.

To pay the tuition fees

Course fees are payable to the organisers.
Bank details will be sent to you after online registration.
Registration is validated after payment of a deposit of €100.
The deposit will not be refunded except in cases of force majeure.
The full course fee must be paid by 30 August 2025 at the latest.

If you withdraw from the course, you may be reimbursed up to 30 August (except for the deposit).
After 30 August, the course is payable in full, except in cases of force majeure.

For payment of accommodation and catering costs

Accommodation and meals are payable directly to the Domaine de Port aux Rocs.

Payment for accommodation and meals is as follows:

50% of the payment must be made within 10 days of registration.

NB: to be paid before 28 February 2025 to benefit from reduced rates. Possibility to pay in 3 times on demand.

50% must be paid 30 days before the start of the course (i.e. by 18 September 2025 at the latest).

Payment can be made by cheque.

Possibility of taking out cancellation insurance (cost: 2.9% of the total cost of the stay).

In the event of cancellation of your accommodation, the Domaine de Port aux Rocs will inform you directly of the procedure to follow in accordance with its general terms and conditions of sale.

Additional information

If you have any major health problems, please let us know before you register. For further information, please contact us at infostagewei@gmail.com

How do i get to the course?

Address:

Domaine de Port aux Rocs, 44 avenue Port Val, La Côte sauvage, Le Croisic, FR 44490
<https://www.domaine-portauxrocs.eu/>

By road :

- 2 hours from Rennes
- 1h10 from Nantes

By train :

Paris Montparnasse-Nantes by TGV in 2 h

From Nantes SNCF station to Le Croisic station by TER or TGV in around 1 hour

Shuttle service (€5) from SNCF station to Domaine de Port aux Rocs (10-minute journey)

By air :

Nantes airport 93 km away. Transfer by shuttle bus from the airport to Nantes SNCF station.

By carpool :

Find a carpool or suggest a carpool, fill in the table at the end of the registration form.

Image rights

Photographs and videos may be taken during the course and meetings.

They will only be used for internal sharing between participants and to promote future courses/workshops/meetings/training/... with the Wei Qi Feng teacher organised by our team on the usual online media (social networks, internet,...) When you register, we ask you to fill in the image rights form to authorise us to use your image or not under the above conditions.