



Summer workshop “Spine Qigong” 3 day intensive / retreat with Ping Dietrich Shi & Inge Duyts from 11 to 13 July 2020

Three-day Workshop “Spine Qigong” by Ping Dietrich Shi

To my great joy, I can also organize a workshop in 2020 with Ping Dietrich Shi. Ping Dietrich Shi gives Zhi Neng Qigong, Nature Taiji and Spine Qigong from Master Dou Zhanguo. Many now know Ping from the great workshops "Mother Nature Taiji Chuan".

About Master Dou Zhanguo

Master Dou is famous in the world of Qigong for "loosening" his backbone. This workshop is a milestone for every Chi (Zhi) neng practitioner, but also for people practicing Taiji. A "loose" backbone stands for a long and healthy life.

About Ping Dietrich Shi

Ping Dietrich Shi gives Zhi Neng Qigong, Nature Taiji and Spine Qigong. She also translated the "elementary book by Zhineng Qigong" into German by Dr. Pang Ming.

Why is a flexible back so important?

Making the spine loose and supple is important. A flexible back ensures an increase in the supply of basic Qi (life energy). The exercises not only ensure a smooth and strong back but also work on the central nervous system that is located in the spine. Because the central nervous system is connected to all organs in our body, the functioning of organs can also improve. Training your back can thus improve your overall health.

During this workshop you will learn why it is so important to clear your back, you come out of your head in your body and your body becomes stronger and smoother. It is remarkable how students who do these exercises refurbish and are amazed by the disappearance of already long-standing inconveniences in the body. Also emotionally old stuck experiences are brought into flow, whereby your emotions are balanced in a mild way.

Dates and times of the workshop; "Spine Qigong"

Check-in: Saturday July 11 after 1 p.m.

Commencement of program 2:00 pm to 9:00 pm (including break, dinner)

Sunday 12 July program start: 9:30 am to 8:30 pm (including break, lunch, dinner)

Monday July 13 start of the program 9:30 am ((including break, lunch)

End of program: 16:30 pm

Investment: € 450.00 (incl. VAT) The price is based on all trainings (including evening program) during the retreat, overnight stay in a single room with bathroom, full board (2 x breakfast, 2 x lunch and 2 x dinner).

If you also participate in the three-day "Spine Qigong" from 11 July to 13 July 2020, you will receive the extra night and dinner, breakfast and lunch for free.

The accommodation



<https://www.kloosterhotelzin.nl/kloosterhotel-zin/>

Address information location: Buxtelseweg 58, 5261 NE Vught

Registration: After a deposit of € 150.00 your registration is definitively confirmed. You pay the remaining amount no later than 6 weeks before the start.

Term	Cancellation costs
Up to 12 weeks	Free
12 - 8 weeks	10%
8 - 4 weeks	20%
4 - 2 weeks	30%
2 - 1 weeks	50%
Within 7 days	100%