

# Summerschool: Integration of Qi Gong & Acupuncture Practice



<b>Dozent</b>	John Tindall   London
<b>Termin</b>	12.-15. September 2019 Do, Fr, Sa, 10 – 18:30   So 9 – 16 Uhr
<b>Unterrichtsstunden</b>	32 UE (= Credits)
<b>Kursprache</b>	Englisch (ohne Übersetzung)
<b>Ort</b>	Seminarhaus Gronsdorf Peter-Wolfram-Straße 31 85540 Gronsdorf bei München
<b>Teilnehmerprofil</b>	Ärzte, Heilpraktiker und andere Therapeuten mit Grundkenntnissen in Chinesischer Medizin und fortgeschrittene Therapeuten. Erfahrungen in Qi-Gong und Mikrosystemen der Akupunktur werden nicht vorausgesetzt
<b>Kursgebühr</b>	Bei Anmeldung bis 24.07.2019: € 675   AGTCM-Mitglieder € 540 Bei späterer Anmeldung: € 755   AGTCM-Mitglieder € 604

## Abstract

In this course you will practice *Hua Gong*, a style of *Qi Gong* that focuses on connecting and refining the perception of the Qi field. This helps you to “tune in” to the “active” meridian points and to improve your delivery of the acupuncture treatment.

We will work with the holograms of ear and hand acupuncture from the Chinese, Korean and Master Tung’s systems.

## John Tindall on Hua Gong and Acupuncture

Hua Gong was developed by Master Zhixing Wang, who lives in London. Hua signifies a flower and a process of transformation, so in this style of Qigong we are always looking to transform ourselves.

### Connection (通 tōng) and Perception (感知 gǎnzhī).

In Hua Gong we have set forms of practice which are very flowing and gentle and give people a place to start from. This makes Hua Gong a form of Qi Gong that is accessible to everybody. And then within these set forms we allow ourselves to flow spontaneously. So for people who are not used to profoundly opening and moving their physical body and connecting with the energy, it gives them a very good form to practise each day, so that they can cultivate that connection with the *qi*. And this is what we ask people to really focus on: the connection with the energy and how they experience that: how they feel it, see it, how they are listening to their body. And then gradually they allow themselves to move more spontaneously and more freely.

## Hua Gong and Acupuncture

Hua Gong as a style of Qi Gong is particularly useful for people who are learning different forms of natural medicine, particularly Acupuncture, Tuina, Shiatsu, body work, because they really learn how to connect well with their own energy and to connect well with the energy of nature around - the earth, the sky, the mountains. This gives them a much greater capacity to work with other people. So if a student of acupuncture is able to recognize that doing Qi Gong is really doing acupuncture without needles, and doing acupuncture is doing Qi Gong with needles, they really learn the process of connecting with the energy. Then their acupuncture becomes much more profound in its effect. So, when they can work with Qi Gong and then transform that into their acupuncture practice, it makes their learning curve much more fruitful. They too find they can learn much more easily without being weighed down with so much academic information. Because the academic information in some way distracts them from that energy work. And so it's good to do these two things side by side so that they accompany one another, and the person is a much better practitioner at the end of the process.

## A Medicine of Life

In Hua Gong the most important thing is about people's connection with the energy and then cultivating that connection. It's like polishing their way of processing it and connecting with it. And that is actually then literally like a medicine of life: We have formal practice and then how to take that practice into our life. And in this style we have parts where we are following a set form and then parts where we are free, parts where we are silent and meditating, other parts where we are singing and opening ourselves - just like life: There are parts where you have to be disciplined and do what you need to do, and then there are other times where you have space to be free. So you want to be able to do all of that well.

## Have Fun and feel free

Even within the set forms we have within Hua Gong, the purpose of the practice is about the connection with the qi. So we don't have to be harsh with anybody with their movement being not 100 % correct to the form as long as they are really feeling their connection with the energy, because that is the thing that's leading all of this. And the other simple fact is that people enjoy it. They like it, they feel free and they have fun doing it.

## The Lecturer

John Tindall has been teaching Qi Gong and acupuncture for over 30 years and is founder and director of the *Yuan Clinic & Traditional Medicine College* in London. In the 1980's he founded *NADA UK* and the *Gateway Clinic* in London, a community Chinese Medicine service within the *National Health Service*.

## Wir beraten Sie gern!

Wir freuen uns über Ihre Anfrage:

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