

# **BRINGING TRUE SELF INTO DAILY LIFE**



**Workshop with  
Teacher Zou Ping**



**ONLINE WORKSHOP**

**MARCH 4TH - 6TH**

daily schedule: morning 10-13, afternoon 15-17, evening 18-19

**Free Online Class to learn about teacher Zou Ping and  
the methods of this workshop February 26 th 10-11.30**

## Bringing true self into daily life

A **life of inner happiness** and without worries is conceivable for few. In the language of Zhineng Qigong we say: Almost everyone has lost the connection to his/her true self.

It is our common sense to **define our life** in relation to the **world outside**. In the same way we think and judge and that is how we produce lots of emotions.

Once we experience troubles, we usually **attribute** their cause in the **outside**: we feel that difficult circumstances or relationships are responsible for our suffering.

The goal of this course is to see the real cause/root of our problems within our **own frame of reference**. Then we can take responsibility for our wellbeing

The **Theory of Yi Yuan Ti** leads us to get step by step in contact with our true self. In our practice we will constantly direct our consciousness towards **deeper and deeper self-awareness** and slowly become more aware of our own thoughts, sensations and emotions.

We start to **perceive from inside** and experience the existence of internal self-awareness. That's the way how we slowly judge less and less relating to the outside but face life with a harmonious heart.

**Life becomes more satisfying and easier.**

We will practice **N Chanting, La Qi, 3 Centers Merge...**

We will invite you to **share your experience and obstacles** from your practice to connect deeply and develop a very strong Qi field within our group.



# Teacher Zou Ping

My name is Zou Ping and I was born in 1973 in Jiangxi Province in China. I began to practice Zhineng Qigong in 1992. I graduated from the two-year teacher training class at the **Huaxia Center** from 1997 to 1999, and then I worked in the Huaxia Zhineng qigong healing center.

In 2003, I came to **Hainan** Island with some friends and founded the Zhineng Qigong Center. In recent years, I have been teaching Zhineng Qigong in China, US, Mexico, UK and Europe. Now I teach Qigong in the UK. I hope to share Zhineng Qigong with more people and that more people will benefit.



## Facts

### Date & Times

Friday March 4th – Sunday 6 th

Daily Schedule: (GMT= MEZ+1)

10-13 morning session

15-17 afternoon session

18-19 evening session

This course will take place online in English in our Zoom room.

Some **basic experience** with Zhineng Qigong is helpful. If you have some experience in yoga or mediation you are welcome as well.

### Price

€240.-, reduced price for students and retirees €190.-

To save your place transfer the fee to:

Mag. Michael Stockert

Raika Kreuzenstein

BIC: RLNWATW1438

IBAN: AT74 3243 8000 0241 9069

### Free Online Class

February 26th, 10 am GMT

Zoom Link:

<https://us02web.zoom.us/j/2589821247>

Meeting code: 258 982 1247

Passcode: 112266

### Organisation

Michael Stockert, Zhineng Qigong teacher and psychotherapist. Please feel free to contact me with any questions via email [imfluss@michaelstockert.at](mailto:imfluss@michaelstockert.at)