



The International Qigong Foundation, Inc presents:

# *A Journey into the Heart of China*

## *September 23rd - October 8th 2017*

*Welcome to our 18th Journey into the Heart of China!*

The **International Qigong Foundation, Inc.** will sponsor its 18th annual journey to China. We will explore its vast history and the health benefits that Chinese Medicine has to offer. This a 14-day live-in study program, in **Beidaihe China** at the **Medical Qigong Training Base**, offers both **Qigong** and **Tai Chi Chuan** instruction, for ALL ages and ALL abilities. There are also options to receive treatment in acupuncture and massage, and specialty classes for Chinese Medicine practitioners. In addition to classes, you will have the option to explore the ancient history of China through excursions to the **Old Dragon Head** where the Great Wall meets the sea, and **First Pass Under Heaven**.

The Medical Qigong Training Base, under the auspices of the Beidaihe Qigong Rehabilitation Hospital of Hebei Province, is located 4 hours north of Beijing next to the Bohai Sea. The program is renowned throughout the world for its high level of instruction in **Nei Yang Gong Qigong**, **Taijiquan: Yang Style, Chen Style, Wu Styles, Sun Style, Sword, Pushing Hands**, and **Quiescent (Meditative) Qigong**, and rehabilitation using Chinese Medicine in the form of acupuncture, massage, and herbs. This study tour includes beginner's **Tai Chi Simplified Yang Style 24**, **Nei Yang Gong Qigong**, and **Quiescent Qigong**.

International study groups come from Japan, Germany, France, Russia, Spain, Sweden and the United States every year to study. Many of the group participants also receive health treatments and come back each year to "deepen" their practice. The Medical Qigong Training Base celebrated their the **60th Anniversary** in July 2016.



## *Master Teachers*

The teachers (called “laoshur” in Chinese) at the Medical Qigong Training Base have a long history as both teachers and Chinese Medicine practitioners. Each of them has “inherited” their position and carry a lineage in both qigong and tai chi (taijiquan).

**Dr. Liu Yafei** is the daughter of **Dr. Liu Gui Zhen** (please the article “*The Man Who Invented Qigong*”), who founded the Medical Qigong Training Base in 1956. It was the first medical qigong clinic in modern China. Patients came for treatment and clinicians came for training. Dr. Liu Gui Zhen is known as the father of modern medical qigong and **coined the term “qigong” meaning “breath work”**. Dr. Liu Yafei inherited her father’s work when he passed away. She has served as both the director and vice director of the hospital and medical qigong training base. Dr. Liu Yafei travels internationally lecturing in Nei Yang Gong Qigong at universities and Chinese Medicine schools. Her book, **Nei Yang Gong Qigong**, is used as a textbook in Germany at the universities for Chinese Medicine studies.

**Master Feng Yijian** began studying taijiquan (tai chi) with **Master Li Jingwu** when he was 16 years old. Master Li Jingwu was a famous Taijiquan Master for both his Taijiquan skills and Pushing Hands abilities. He was instrumental in designing Simplified Tai Chi Yang Style 24 with Master Li Tianjin and made the **first instructional tai chi film, Simplified Yang Style 24, in China in 1955**. Master Feng Yijian inherited from Master Li Jingwu when he passed away. He has been in practice for 45 years and is noted for his skills in taijiquan, pushing hands, and qigong treatment. Master Feng teaches and lectures in taijiquan internationally.

**Dr. Xiao Yuande** is a doctor of Chinese Medicine. He was a student of both Master Li Jingwu in tai chi and Dr. Liu Gui Zhen in Nei Yang Gong Qigong. He is now a student of Dr. Liu Yafei and Master Feng Yijian. Dr. Xiao Yuande teaches Chinese Medicine at Peking University and travels internationally teaching both tai chi and qigong.

**Zhou Li Laoshur** is a student of both Dr. Liu Yafei and Master Feng Yi Jian. She is a master teacher in Nei Yang Gong Qigong. Zhou Li Laoshur travels internationally to teach qigong programs, primarily in Germany and Austria.





**Zhang Laoshur** and **Li Peng Laoshur** are the “young” teachers at the school and have been in practice for over 20 years. They are students of Dr. Liu Yafei, Master Feng Yijian and Dr. Xiao Yuande in taijiquan and qigong. The both travel internationally to teach.

## *Treatment*

The Medical Qigong Training Base offers treatments based in Chinese Medicine. In China, traditionally, a Chinese Medicine doctor would have had at least a 20 year practice in both qigong and tai chi before they administered acupuncture, medical qigong or massage. The reason for this was so that the practitioner could “build up” their “qi” and create a healthy body before administering treatment to others. At the Medical Qigong Training Base, all of the medical practitioners (teachers) not only carry a lineage but have been in practice for over 20 years.

In addition to learning Nei Yang Gong Qigong and Taijiquan (tai chi), you will also have the option to receive Qigong Diagnosis with Dr. Liu Yafei, Medical Qigong treatments with Dr. Feng Yijian, acupuncture with Dr. Xiao Yuande and Qigong Massage with Zhang Laoshur and Li Peng Laoshur.

## *Teacher Certification*

**All** group participants will receive a certificate from the Hebei Medical Qigong Base stating the number of hours that they have trained and what they have trained in. The International Qigong Foundation, Inc. has offered **continuing education credit** from the **National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)**. Hebei Medical Qigong School and Hospital is the only China Health Ministry approved Medical Qigong Training “Base” in China. It’s sister organization is **The Shanghai Qigong Institute in Shanghai, China**.

A **teacher’s certification** program in **Nei Yang Gong Qigong** and **Tai Chi Chuan** is offered at the training base in China. It is based in hours of training and practice as well as attending lectures and preparing a paper. The heart of this program is based on the practitioner’s intentions. This is an optional program for those who would like to teach!



## *Food and Accommodations*

The food at the Medical Qigong Training Base is served in the dining hall. We will primarily eat there for breakfast, lunch and dinner. There are a variety of dishes at each meal. On occasion we will also eat out in the local restaurants with the school staff.

Each room has two twin size beds, windows with views, a closet and a western style bathroom with a toilet, sink, tub and shower. The rooms are cleaned daily with fresh towels if required and the bedding is changed weekly. There is internet and laundry service. The building is peaceful and quiet set amidst the pine trees two blocks from the sea.

## *Optional Cultural Activities*

The community of Beidaihe is located next to the Bohai Sea and serves as a summer retreat. There is local sightseeing to **Lotus Hills** to visit **Kuan Yin Temple** nestled in the park hills with beautiful scenic sights. Shopping downtown Beidaihe offers the pearl market, tea and art shops, as well as restaurants. You may also rent a bike and ride around the community. Optional tours include **Lao Long Tou, Old Dragon Head**, at Shan Hai Guan where the head of The Great Wall meets the sea. Walk out on the **Old Dragon Head** and along the beach to **Hai Shen Miao, The God of the Sea Temple**, known for its divine power. This tour includes lunch at the Great Wall and then in the afternoon to **Tian Xia Di Yi Guan, First Pass Under Heaven**. After our day of exploration, there is dinner in Qinhuangdao.

## *The International Qigong Foundation, Inc*

The International Qigong Foundation, Inc. was created and incorporated in 2001 as The International Qigong Foundation for Social Oncology, Inc., to provide quality educational programs in Chinese Medicine, specifically qigong and tai chi chuan. The foundation is a non-profit, 501 (c) (3) private foundation. We offer programs for all ages and abilities as well as specific programs for healthcare practitioners to share with their patients.

In China, it is believed that one should take full responsibility for one's health. As one ages, it is important to keep active and happy. A "healthy body and happy mind" is the key to longevity. When one retires in China, they keep active and happy.





## *Group Study Tour Leader and Program Facilitator*

Karen Nesbitt, MA, is the co-founder and director of The International Qigong Foundation, Inc. Ms. Nesbitt has traveled to China and led group tours since 1994. She has studied Chinese Medicine at Peking University, and qigong and taijiquan at the Medical Qigong Training Base in Beidaihe. Ms. Nesbitt has been a student of Dr. Liu Yafei in Nei Yang Gong Qigong since 1999, a student in Yuan Shi Xin Qigong (Medical Qigong) with Dr. Sun Xingyuan since 1994, and a student of Master Feng Yijian in Taijiquan with since 1999.

Ms. Nesbitt has taught credit courses in both qigong and taijiquan for the University of Hawaii at Hilo in the Social Science Department and non-credit courses for the Oshler Lifelong Learning Program. In 2001, Ms. Nesbitt co-produced a film with Lightbridge Productions, Healing Quest, for PBS America called **“Qigong Cancer Treatment”**. As a followup to that special, she developed a teaching film, **“Qigong for Health”** in medical qigong.

Currently, Karen Nesbitt is a candidate in Acupuncture with the **National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)**, a licensed Massage Therapist and a licensed Special Education teacher in the state of Montana. She is a consultant with schools and special education programs. Ms. Nesbitt continues to instruct qigong and taijiquan students privately and in classes around the world as well as facilitate study tours to China.

## *Costs*

The cost of the 14-day study tour **“Journey into the Heart of China”** is based on the size of the group which can vary each for each study tour. Our most common group size is 5 to 9 people.

*10 or more people	\$1899 per person
*5 to 9 people	\$2299 per person
*1 to 4 people	\$2899 per person

Participants who register **before June 1, 2107 will receive a \$100 discount.**



Prices include round trip ground transportation from the airport in Beijing to the **Medical Qigong Training Base** in Beidaihe, **shared** accommodations for **15 nights, 3 meals a day** at the school or cultural tour outings for 14 days, **36 classes** in **Taijiquan Simplified Yang Style 24** and **Nei Yang Gong Qigong** instruction, **Quiescent Qigong**, lectures and translation. The additional cost of a **private room** in Beidaihe is \$350.

Additional costs that are not covered in the fees for the program are international airfare to and from China, additional hotel fees if arriving before the beginning of the study tour, a Chinese Visa, \$180 (or current rate for US citizens), treatments for massage and acupuncture which range from \$45 to \$50 USD, optional tours which usually cost \$50 per person and additional classes in different styles of Taijiquan.

For more information about this study tour, our **Beijing Tour 2017 (October 8, 2017 to October 13, 2107)** or other programs we offer please visit our website and contact:

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There is a required **deposit of \$500** when you sign up for this international program and we have a **payment schedule** which states when payments are due and reimbursement policies. Payments are accepted by check from a US bank and by credit card through **PayPal**. All checks are made to The International Qigong Foundation, Inc. If you elect to pay with your credit card through **PayPal**, please notify us and we will email an invoice from The International Qigong Foundation, Inc., through PayPal. If you are paying from outside of the US please contact us and we will give you bank wiring instructions or you may pay through **PayPal**. When traveling to China a **visa** is necessary. The International Qigong Foundation, Inc. will assist you with the information and documents you will need to obtain your visa.

Questions? Please contact us and we will be happy to answer any questions!