

Psychology of Inner Perception, Zhineng Qigong Level 1 & Body & Mind Method

5 - 12 July 2026 – Bad Zwischenahn
(close to Bremen, Germany)



Learn and practice with **Zhineng Qigong Master** and Healer **Zhen Qingchuan** from China

This Zhineng Qigong Retreat is open to all Zhineng Qigong and Qigong enthusiasts – beginners and advanced students alike – as well as to people who work as Trainers, Coaches, Natural Practitioners, Doctors, Teachers or Therapists.

Master Zhen Qingchuan's special skill is to reignite your natural ability to go deeply inside to connect with your inner knowledge and wisdom for holistic health & well-being – mentally, emotionally and physically – and to support you in reaching your potential and intentions in other areas of your life.

If you already know Qigong, Zhineng Qigong or Qi Therapy, than you will find that this is a wonderful opportunity to study and practice with a highly advanced Zhineng Qigong Master.

You will deepen your practice and understanding of this powerful healing principle without having to travel to China.



+49 172 204 7308 (also WA)

britta@bodyandmindfactory.com

<https://www.zhineng-qigong-students-hub.com/product/psychology-of-inner-perception/>

Learn from Master Zhen Qingchuan


Master Zhen Qingchuan has over 25 years of experience in Zhineng Qigong healing and teaching. Trained under Dr. Pang Ming at the Huaxia Zhineng Qigong Training & Recovery Center, he has supported thousands of people, including those with mental, chronic, and terminal illnesses. He teaches the principles of Zhineng Qigong in Beijing, Mexico and internationally, staying true to the original teachings of Grandmaster Pang Ming, and is passionate about delivering healing sessions to anyone in need. His unique skill is to support others in clearing their emotions and character problems to liberate the mind.

Zhineng Qigong is a holistic system that restores and strengthens the body's vital functions, enhancing overall health and life quality. Its **"Psychology of Inner Perceptions"** uses direct observation of the mind to resolve internal issues, refine energy (Qi), and promote recovery from past mental and emotional imprints.

Level 1 integrates mind and Qi, combining slow, meditative movements with focused consciousness and visualization to move and absorb Qi effectively. The **"Body & Mind" method**, a set of 10 movements, activates Qi quickly, releases tension, strengthens the body, and improves focus, concentration, and overall vitality.

Retreat Focus

- Increase awareness of mind, heart, emotions, thoughts, and behavior
- Strengthen the mind, balance emotions, improve focus, and clarify intentions
- Meditation and body movements based on Zhineng Qigong Level 1 & 2
- Enhance focus, concentration, and overall vitality
- Deep relaxation, rejuvenation, and harmonizing body and mind
- Strengthen the immune system and support self-healing
- Exercises can be integrated into daily life
- Optional individual healing sessions with Master Zhen (July 5–12, from 05:30 PM)

 +49 172 204 7308 (also WA)

 britta@bodyandmindfactory.com

 <https://www.zhineng-qigong-students-hub.com/product/psychology-of-inner-perception/>

Schedule

Sunday and Monday, 5 & 6 July

10:00 AM - 05:00 PM

Psychology of inner perception, Lift Qi Up, Pour Qi Down method

Tuesday, 7 July

02:30 PM - 05:00 PM

Body & Mind Method: Introduction, Sequence 1-3

Wednesday and Thursday, 8 & 9 July

10:00 AM - 05:00 PM

Body & Mind Method, Sequence 1-10, Tapping along the meridians, Psychology of inner perception

Friday, 10 July

02:30 PM - 05:00 PM

Body & Mind Method, Tapping along the meridians, Three Centers Merge Method (Theory and practice)

Saturday, 11 July

10:00 AM - 05:00 PM

Body & Mind Method, Tapping along the meridians, Three Centers Merge Method, Psychology of inner perception

Sunday, 12 July

10:00 AM - 01:00 PM

Body & Mind Method, Tapping along the meridians, Integration and how to practice at home

Total hours: 33.5

July 5, 6, 8, 9, and 11: Lunch Break: 12:30 PM - 02:30 PM

This course takes place in the **beautiful holiday resort** of Bad Zwischenahn in Northern Germany, close to Bremen. **Nearest airport:** Bremen / **Intercity train station:** Bad Zwischenahn
We are happy to support you in finding great accommodation.