

Unique occasion: March 13–17, 2025 Stockholm, Sweden!

For the first time, Qigong teacher Xie Chuan is visiting Sweden! Teacher Xie is a teacher whose unique and genuine approach has guided many, including myself, to access a deeper dimension of our being.

This workshop offers an opportunity to explore Zhineng Qigong practices in greater depth, learning how to shift from practicing out of habit or logic to a state of deeper awareness. Through his approach, teacher Xie helps participants reconnect with their hearts, transcend distractions and discover the wholeness and vitality already within them.

His workshop blends direct experience with meditative practice, fostering clarity, peace and inner freedom in an intimate and supportive environment.

Xie Chuan's personal journey began with witnessing the remarkable healing of his mother's Ménière's disease through Qigong. As a young teenager, he accompanied her to the park every day to practice Qigong- an experience that deeply transformed him and shaped his life's path.

Trained at Dr. Pang Ming's Huaxia Qigong research center. He later held leadership roles in Qigong research and teaching. In later years, he worked with the Daohearts teacher team in the Wudang mountains and was the vice-chancellor of the Xian Scientific Research Center.

Workshop Details

DATE: Thursday, March 13, to Monday, March 17, 2025

TIME: 9:00 AM–12:00 PM & 1:30 PM–4:30 PM

WHERE: Stockholm, Sweden (exact location yet not decided)

PRICE: \$350 USD (appr. 3.850 SEK)

LANGUAGE: English

What You Will Learn:

- The foundation practice of Zhineng Qigong
- Key methods and theories for deeper practice
- How to improve lung function and performance. Understanding the role of lungs in overall health and their connection to emotions and other organs

This workshop is aimed at both beginners and experienced Qigong practitioners.

For more info you are warmly welcome to contact Roya Saniei,
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