



## Health Qigong Federation UK Newsletter March 2016

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Dear HQFUK Members and Friends **\*\*UPDATED NEWS\*\***

This has been an exciting few months for us, continuing to promote Health Qigong and all the positive effects it has on the body, mental health, and spiritual well-being, and organising events and welcoming two new branches to join our Federation.

### Chislehurst class

We have now found an alternative venue to Chislehurst Library and new classes will resume in the ground floor Community Hall of The Old Chapel. We are starting with a seminar on the 12<sup>th</sup> April 6.30-8.00 pm Non-members £10each and HQFUK members free. Then a 12 week session of classes will start Tues 26<sup>th</sup> April 2016 - cost £8 per session for members and £10 per session for non-members (£96/£ 120) payable in advance. Class times are from 6.30 pm to 8pm. Access to the Old Chapel is just off the High Street from access path between Go Travel and Café Nero . Parking is on the main High Street

We are also planning for the Health Qigong month between April to May when we will organise training, seminars, Duan way qualification examinations and demonstrations.



### Shooters Hill Class

There are weekly classes at Shrewsbury House, Bushmoor Crescent London SE18 3EG on Saturdays 10-11am. Cost is £20 per month or £7 drop in.



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### Visit to UK by Masters from China

We are excited to announce the arrival of masters from the Chinese Health Qigong Association (CHQA) and International Health Qigong Federation (IHQF) in May-June 2016.

The delegation arrives late May for 2 weeks. Prof Wang Yan, will be part of the delegation and while she is here we will organise seminars, training and Duan examinations at Chislehurst, Greenwich and Central London (details to be confirmed). Prof Wang Yan visited the UK in April last year and her training seminars, in London, and Kent, were much appreciated. During her visit Prof Wang Yan will also visit Norwich and Cambridge for the opening of the two new HQFUK branches

Madame Gao, Director of the Foreign Exchange Committee CHQA and the Director of IHQF Secretariat will also visit the UK 24-28<sup>th</sup> May to coincide with The UK Health Qigong Month (April - May).

### 2<sup>nd</sup> International Training seminar for Leaders of Member Associations.

As Chairman of HQFUK, Dr Wang received an invitation from the International Health Qigong Federation to attend the second training seminar for leaders of member associations at Wudangshan Mountain, Hubei China. Dr Wang attended the seminar 20-27<sup>th</sup> February, along with 200 other representatives from 35 member associations worldwide, which was to raise the technical level of Health Qigong, and to advance standardisation and scientific development of Health Qigong.

The seminar included various expert lectures, an exchange of development experience and enhancement of each other's skills, a review and summary of the past few years of our International Health Qigong family development and it was generally considered that the second training session was better, included more features, and increased the knowledge of leadership and members of International Health Qigong Federation.

Whilst at Wudangshan Dr Wang also attended the IHQF Board meeting.

### International Health Qigong Federation

The next IHQF general meeting and forum will be hosted in Juihuashan China 12-18<sup>th</sup> August 2016

### European Health Qigong Games and Scientific Forum

This will take place in Rouen, France 24-30 October 2016. We encourage HQFUK members to attend,

### New Association sub-branches.

We are very pleased to welcome two new branches to HQFUK Prof Wang Yan will be touring these areas and will present seminars and training Norwich (28<sup>th</sup> May) and Cambridge (29<sup>th</sup> May). Anyone interested in attending these events please contact us for further information.

Once again, if you require any further information on the events detailed above please contact us.

Mr Herman Wang, Chairman HQFUK, expresses his warmest thanks to all our members and friends