

Xing Shen Zhuang Qigong with Jan Nevelius

For about 20 years I have been studying a qigong form called Xing Shen Zhuang. I learned this quite dynamic qigong form from Professor Wang from Manchuria and some of his students.

The Xing Shen Zhuang consists of a set of movements which really open up and energize both the lower body and the upper body. Professor Wang explained that this form is done in his home village outdoors all year around, regardless of the weather and the season. In the summer it can be extremely hot, and in the winter it can be very cold.



If you sign up you get access to a YouTube clip with me doing the form and Zoom lessons. There will be 2 morning lessons, **Tuesdays** and **Fridays**, at 9.30 AM Swedish time. There will be 2 lessons in the afternoon **Mondays** and **Thursdays**, at 6.00PM Swedish time. Since I have many students in different time zones the idea is that at least 2 times a week will work for most people.

The YouTube clip can be used any time to learn the form. In the Zoom lessons there will be much more energy since we do it together and more explanations and some added material in the beginning and in the end. The Zoom lessons will be in total about 1 hour. I will usually end the form 10-15 minutes before the hour and then answer 1 or 2 questions before the end.

For people who would like to book more personal and private lessons with possibilities for feedback please contact me by email.

If these hours do not work for some people you can get together 10 - 15 people and ask for alternative teaching hours and we could set up another time schedule. Please contact me via email.

The payment system will be based on trust and there will be different options:

1. When you join a Zoom lesson you can make a donation of 100-150 SEK, 10-15 Euro or 10-15 US dollar – depending on your financial situation.
2. Monthly payment – you can pay for single classes or for a whole month. Please contact me by email and we make an agreement.

Payment methods:

1. **Paypal:** Earth Being https://paypal.me/jannevelius?locale.x=sv_SE
2. **Transferwise:** Account holder: "Earth Being" IBAN SE 9395 0000 9960 1860 577939, Swift: NDEASESS
3. **Swish:** 123 560 4517
4. **Postgiro:** 6057793-9

The YouTube clip is made as support for the people who join the zoom lessons and is free to use anytime.

When you learn this form you get a powerful tool for health and wellbeing that can be used anytime, anywhere for the rest of your life. Welcome!

To sign up please send an email to: jan@nevelius.se with the title: "Xing Shen Zhuang Sign Up". You will then receive an email with invitation before each zoom lesson.



Jan Nevelius