

NEW ZEALAND WUSHU MEMBER PROFILE - Wellington

CHIEF INSTRUCTOR: **Vlado Rashev**

CLUB NAME: **Qigong & Self Healing Centre**

SYSTEM/S: **Zhineng Qigong, Qi-therapy & Self Healing, Ren Xue, Traditional Qigong**

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Vlado Rashev,
qigong master teacher & therapist,
MSc

ZHINENG QIGONG

Qigong is part of the Chinese culture for more than 5,000 years. It is an irreplaceable tool for health enhancement and life cultivation. Qigong can be used for self healing and originally was part of the Traditional Chinese Medicine. Qigong can also be used to build solid foundation for any serious martial arts training. It strengthens the body, improves the flow of qi, helps to clear the mind, increase the will power and ability to focus. Zhineng Qigong is a qigong system based on the traditional qigong as well as the latest advancements of the qigong science in the area of consciousness and collective qi-field. It is also the only qigong system clinically tested on a large scale (with more than 300,000 people for period of 10 years).

QI-THERAPY & SELF HEALING

Apart from practicing qigong, healing can also occur through qi-therapy. A trained qigong therapist can create a healing qi-field and by use of it transmit qi and healing information into the patient's body to replenish qi, clear blockages and thus activate the body's self-healing process. Vlado Rashev offers individual and group qi-therapy sessions. He also teaches self healing as part of the Zhineng Qigong training.

REN XUE

Everything in the universe transforms and develops according certain laws that are common for the whole universe but also specific for the particular event, thing or being. When we work with the laws of human life and nature, everything is happening in a natural way and life is in a harmonious state. Therefore if we want to make real progress in life, it is crucial to understand and adhere to these universal laws. Ren Xue (pronounced wren shoeh) is a science for human life itself. It has its sources in Chinese Qigong, Zhineng Qigong, Daoism, Buddhism, Confucianism, Traditional Chinese Medicine, I-Ching (The Book of Change) philosophy, Feng Shui philosophy, Taiji, Bagua, Martial Arts, and Folk Arts. It also incorporates modern philosophy, medical science, science and technology. Ren Xue is built upon a holistic theoretical framework. Vlado Rashev offers Ren Xue classes as well as individual consultations that aim to help people bring life back to its natural and joyful state.

Class Type	City	Suburb	Venue	Street Address	Day	Time	Cost
Qigong	Lower Hutt	Moera	Qigong & Self Healing centre	61A York Street			See website for details or ring Vlado Rashev
Ren Xue	Lower Hutt	Moera	Qigong & Self Healing centre	61A York Street			