



Cultivate Longevity and a Good Life with qigong in EIDSVOLL - 2026

JOIN US FOR A

QIGONG DEEP DIVE

MASTER LI HECHUN



Qi (chi) is the Chinese word for “life force” or “life energy”. Qigong practices are rooted in the wisdom of ancient Daoist medicine and aim to calm the heart, relax the body, balance the five elements, and open the body’s qi channels/meridians.

The YANGSHENG principle

Daoist master Li Hechun teaches a unique dynamic form of qigong particularly suited to our modern lifestyle. These exercises are known as Five-element transformational Practice (Wuxing Yangsheng Gong). The art of life cultivation - or “Yangsheng” - is a central principle here, indicating that we can nourish and cultivate a good, long life through qigong practice by guiding and stretching the body, breathing well, and learning to absorb cosmic qi. You will have the opportunity to learn the 2nd cycle of this practice in Eidsvoll, Norway (near Oslo), during October 2 - 4, 2026.

Cycle 2 includes:

- Preliminary practices (that can also stand alone as a separate practice)
- 6 core exercises (slightly advanced) and 4 concluding exercises
- Tea ceremony

The workshop is open to everyone. Some experience in qigong/taichi may be an advantage for this workshop, but it is not a prerequisite. The number of participants is limited to ensure personal guidance from master Li Hechun.

Join us for a deep dive into the timeless wisdom of traditional Chinese medicine and experience the profound connection between body, mind, and spirit in the pursuit of well-being!

Venue: Breidablikk near Eidsvoll church, Eidsvollbakken 26, 2080 Eidsvoll.
A 5-minute walk from Eidsvoll train station. Eidsvoll is 35 minutes by train from Oslo and 10 minutes from Oslo Airport (Gardermoen)

Dates: Friday 2nd October 10 - 17
Saturday 3rd October 09 - 17
Sunday 4th October 09 - 16

Cost: The price is 4950,- NOK for 3 days.
The price includes daily warm lunch, tea, and snacks.
Earlybird price 4550,- NOK. Registration by July 31st.

Contact: Merethe Kvernød for registration by email kmerethe@hotmail.com
or send a message to **(+47) 917 22 502**

