



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

# MASTER LI HECHUN

LEARN QIGONG FROM  
A GENUINE AND  
EXPERIENCED MASTER



**Daoist master Li Hechun** is the abbot of the Zhizhen temple of Chengdu, China. Born in 1978 in Shangluo/Shaanxi, he grew up in an environment imbued with traditional Daoist culture.

**He is the director** of the Academy of Daoist Arts in Chengdu, and has autho-

red numerous publications on Daoist philosophy, practice, and rituals.

**Playing the guqin** (Chinese 7-string zithers) and writing calligraphy are also part of his everyday Daoist practice and self-cultivation. He teaches several qigong exercise forms according to the five transformational phases, as well as exercises from the animal frolics and taichi.



**Li Hechun shares** this precious practice from the heart with humor, depth, and wisdom. He has been invited to teach in many countries, including Germany, Thailand, Norway, Switzerland, and New Zealand.

**Master Li Hechun** has visited Norway several times during the past 12 years. He teaches in English.