



**The Seminars of Master
Jeffrey Yuen**

2021 Edition - live streaming



The Seminars of Master Jeffrey Yuen

May 7, 8, 9, 2021 - live streaming

Friday May 7, 2021

The 6 Sounds Qigong

Saturday and Sunday May 8-9, 2021

**The Study of Heart and Small Intestine
Meridians**

Jeffrey Yuen's Seminars 2021

From 1998, Xin Shu is the only Institution authorized to deliver the Seminars of Master Jeffrey Yuen in Italy.

Jeffrey C. Yuen is a Daoist priest, one of the world's leading experts in **Chinese Medicine**.

He belongs to the 88th *Yu Qing Huang Lao Pai* generation (Jade Purity Yellow Emperor Laozi School), and the 26th generation of the *Quan Zhen Long Men Pai* School (Complete Reality School Dragon Gate School), Jeffrey Yuen has been designated by his adoptive grandfather, *Yu Wen*, as his **spiritual heir**, the continuer of an ancient oral tradition.

An outstanding expert in Classical Chinese Medicine, Chinese Herbal Medicine and Martial Arts, Master Yuen chose Xin Shu as the Italian partner for the transmission of his great knowledge and vast understanding.

With great pride and infinite gratitude, we present the 2021 edition of the Seminars of Master Jeffrey Yuen, delivered, for the first time, worldwide via **live streaming**.

Never as in this moment of struggle against the pandemic that afflicts our planet, we need the teachings and guidance of Master Yuen.

We are looking forward to being with you, as always.

A warm greeting.

Rosa Brotzu
President of Xin Shu APS

Programme

Three days live streaming Seminars, with Jeffrey Yuen.

+ Six Q&A sessions.

A unique opportunity to listen to the great Taoist Master.

Seminars are held in English, with consecutive Italian translation by Giulia Boschi.

Friday May 7, 2021 - 2:00 p.m. to 8:00 p.m. (2 Q&A sessions)

The 6 Sounds Qigong

The 6 Sounds Qigong is also called the Qigong of "*the healing words*". It represents a very popular exercise in Qigong practice.

This style is based on the assumption that the emission of a given sound and the specific vibration it produces can be used to activate specific physiological functions, **allowing Qi to flow harmoniously**.

Depending on the pitch of the sound we can determine if the *Qi* of an organ will travel towards the lower or the upper regions of the body. By modulating the **speed of sound**, we can induce either the tonification or the draining of *Qi* in a given organ.

According to Taoist thought, these sounds are often associated with the 5 elements. Master Jeffrey Yuen teaches with extreme availability and generosity, conveying a century-old Taoist culture, allowing the practitioner to adapt the exercises for **personal self-cultivation**.

Saturday and Sunday May 8-9, 2021 - 2:00 p.m. to 8:00 p.m. (4 Q&A sessions)

The Study of Heart and Small Intestine Meridians

This class deals with the study of energetic pathophysiology and symbolic meaning of the meridians related to the **Fire Movement**: *Shou Shaoyin* – Heart and *Shou Taiyang* – Small Intestine.

The study of meridians and acupuncture points in Classical Chinese Medicine focuses on pathophysiology in the broader context of **personal growth**.

Accordingly, the study of Heart and Small Intestine Meridians should be considered as a tool for overcoming life's challenges, understanding life as a journey and stimulating the inner awareness of our own "sovereignty". A learning path aimed at achieving spontaneity and freedom, as wished and summarized in the Taoist axiom "*live simply to live fully*".

The Heart Meridian, with its nine points, describes the possibility of activating a "subtle" spiritual process, which allows us to **express our potential**, passing through "blocks" of pain, also known as "*The Nine Heart Pains*".

Even when not affected by serious pathologies, when we feel something is wrong with our life, Heart and Small Intestine meridians come into play. Treating these meridians, we enter the sphere of the spirit-*shen*, hosted by the Heart, which allows centring and rooting of the self and lets us overcome existential issues, discomfort, pain, so to reach **self-fulfilment**, calm and well-being.

Questions & Answers

Seminars include 2 Q&A sessions per day. Questions should be written by participants via chat. The answers will be provided via live audio, to all the participants. Based on the number of questions received and on the available time, not everyone can be guaranteed an answer.

Participation

Take the live streaming Seminars safely, from home or office.

For the first time in more than 20 years, the Seminars of Master Jeffrey Yuen are entirely delivered remotely, via live streaming. This choice, due to the constraints imposed by the global pandemic, allows us to operate in total security, experimenting new methods of distance learning and saving travel costs for hundreds of people around the world.

Master Yuen will get in deep contact with all of us, even remotely, in his unique style.

Requirements

To attend our Seminars, you need a computer or tablet, with a recent browser, broadband Internet connection (DSL or 4G), speakers or headphones to listen.

You will be emailed with access credentials a week before the beginning of the Seminars.

Participation Fees

You can register to the Seminars of Master Jeffrey Yuen, attending one single seminar or multiple days. See the Participation Fees per person, as detailed in the following table.

Participation	Before Feb 28th (15% off)	After Feb 28th
May 7th: Qigong	€ 145*	€ 170*
May 8th and 9th: The Study of Meridians	€ 255*	€ 300*
May 7th, 8th and 9th: Qigong + The Study of Meridians	€ 340*	€ 400*

* Participation Fees include the Annual Social Membership Fee of € 15.

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Register to the Seminars of Master Jeffrey Yuen on:

xinshuacademy.com

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