



**The Seminars of Master  
Jeffrey Yuen**

2022 Edition - live streaming



# The Seminars of Master Jeffrey Yuen

***May 6, 7, 8, 2022 - live streaming***

*Friday May 6, 2022*

**Qigong for daily wellbeing**

*Saturday and Sunday May 7-8, 2022*

**The Study of Kidney and Bladder Meridians**

# Jeffrey Yuen's Seminars 2022

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 enthusiasm, we present the 2022 edition of the Seminars of Master Jeffrey Yuen, – delivered worldwide via **live streaming** – dedicated to the **“Qigong for daily wellbeing”** and **“The Study of Kidney and Bladder Meridians”**.

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 6, 2022 - 2:00 p.m. to 9:00 p.m. - Time zone UTC+2 (2 Q&A sessions)**

## **Qigong for daily wellbeing**

The Seminar of Master Jeffrey Yuen is dedicated to discover *qigong* as a daily wellness practice, through exercises that encourage the full development of personal **psycho-physical and spiritual potentials**.

The term *qigong* ("mastery of *qi*" or "*qi* skills") has only come into common use since the 1950s but defines a series of practices that have been used for about three millennia to enhance individual vitality, prevent illnesses, create harmony and well-being.

These activities, mostly belonging to the Taoist tradition, are aimed at strengthening, developing and controlling vital energy (*qi*), through external and internal, physical and spiritual practice techniques, making use of static and moving **postures, breathing, mental concentration** as well **mental void** (meditation).

The regular practice of *qigong* allows the regulation and rebalancing of the close-knit network of meridians, the invisible "roads" along which our vital energy flows in the body.

*Qigong* is a great **tool of knowledge and healing** both for oneself and for others, it favours the development of a more subtle and deep self-awareness, helping people to be always at ease in the events that life proposes.

*Saturday and Sunday May 7-8, 2022 - 2:00p.m.-9:00p.m. - Time zone UTC+2 (4 Q&A sessions)*

## **The Study of Kidney and Bladder Meridians**

The Seminar of Master Jeffrey Yuen is dedicated to the energetic pathophysiology and the symbolic meaning of the meridians belonging to the movement Water: **Kidney Meridian** (*zu shaoyin*) and **Bladder Meridian** (*zu taiyang*).

The Seminar will make particular reference to the energy function of the various points, possible combinations and therapeutic strategies useful in clinical practice: the discourse on meridians and individual acupuncture points, places a particular emphasis on the sense of evolutionary dynamics of the individual.

The Meridian of the Kidney, together with the Meridian of the Bladder, represents the **element Water**, which symbolizes the awareness of the cycles of life and individual evolution. This process goes through growth, maturity and, at times, can be of help to accompany the passage of the end of life. The Kidney Meridian reflects the deepest layer of hereditary and constitutional qi. The understanding of its energetic dynamics allows the clinician access to the **genetic and epigenetic information** of the individual.

The Meridian of the Bladder is like a frontier place, it is the meeting place of organic fluids, coordinates energy transformation. It is the longest meridian of the body and has five distinct branches that describe a series of complex functions, not always sufficiently studied.

Master Jeffrey Yuen never forgets to emphasize the importance of understanding the name and the ideogram that describes every single point, to activate **"the therapeutic intention"** and therefore the awareness of the practitioner.

## **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.

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	Fee
May 6th: Qigong	€ 190*
May 7th and 8th: The Study of Meridians	€ 320*
May 6th, 7th and 8th: Qigong + The Study of Meridians	€ 420*

\* 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/en](http://xinshuacademy.com/en)**

**Contact us:**

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