



Xin Shu

心術

**The Seminars of Master
Jeffrey Yuen**

2025 Edition - in presence



The Seminars of Master Jeffrey Yuen

May 16, 17, 18, 2025 - in presence

Friday May 16, 2025

Qigong to Overcome Physical and Psychological Trauma

Saturday, May 17, 2025

The Study of *Dumai* Meridian (part 2)

Sunday, May 18, 2025

Jeffrey Yuen Answers Difficult Questions

Jeffrey Yuen's Seminars 2025

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 enthusiasm, we present the 2025 edition of the Seminars of Master Jeffrey Yuen, delivered in presence in Rome and dedicated to these great topics:

- "Qigong to Overcome Physical and Psychological Trauma"
- "The Study of *Dumai* Meridian (part 2)"
- "Jeffrey Yuen Answers Difficult Questions"

We are looking forward to meet you again, face-to-face.

A warm greeting.

Rosa Brotzu
President of Xin Shu APS

Programme

Three days Seminars in Rome, with Jeffrey Yuen.
A unique opportunity to meet the great Taoist Master.

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

Friday May 16, 2025- 10:00 a.m. to 6:00 p.m.

Qigong to Overcome Physical and Psychological Trauma

The practice of Qigong has been used for about 5,000 years to cultivate or restore psycho-physical balance and support disease prevention, creating harmony and well-being.

In this seminar, Master Jeffrey Yuen, thanks to his vast experience, will provide guidance and demonstrate practical exercises to help **process and address** the energy blockages resulting from **physical trauma**—such as fractures, injuries, or surgeries—and to overcome the related **psychological** trauma as well.

Using Qigong as a tool for **developing awareness** and as a therapeutic aid allows the re-establishment of energetic balance and the recovery of psycho-physical harmony, speeding up the **healing process**.

Friday May 17, 2025- 10:00 a.m. to 6:00 p.m.

The Study of Dumai Meridian (part 2)

The seminar is dedicated to the study of the energetic physiopathology and symbolic significance of the meridian *dumai* belonging to the extraordinary meridian system.

Master Jeffrey Yuen will delve into the meaning and energetic function of various points, with reference to possible combinations and therapeutic strategies useful in clinical practice.

In the view of Classical Chinese Medicine, the study of meridians and individual acupuncture points should always be traced back to the evolutionary dynamics of the individual, as well as energetic physiopathology.

Similar to the *renmai* meridian, the ***dumai* meridian** is part of the first generation of extraordinary meridians, the most ancestral. For this reason, it is involved in the mystery of the origin of life. It aids fertility through the warming action of *yangqi*. The *dumai* meridian represents the foundation, the structure of the individual. The *taiyang* level is the peak of yang among the energy levels, while the extraordinary meridian *dumai* is the "sea of yang" the absolute greatest *yang* in the body.

Therefore, it is considered the meridian that describes the **individuality of each person**. It governs posture, the development of reflexes, and independence. It provides *yangqi* for body construction, warms, supports, and moves, allowing the child to relate to the world through spinal movements. It becomes active at birth and matures around two years of age. Psychologically, the harmonious development of the *dumai* allows the child to accept "no" and denial.

The study of the two extraordinary meridians, *renmai* and *dumai*, proposed by Master Jeffrey Yuen, represents a **unique experience**, difficult to replicate. Thanks to Master Yuen's availability and generosity in transmitting knowledge that, while not disregarding textual knowledge, draws from the **ancient Chinese oral tradition**, a heritage of knowledge passed down through generations.

Sunday, May 18, 2025 - 10:00 a.m. to 6:00 p.m.

Jeffrey Yuen Answers Difficult Questions

After many years of teaching—exclusively in Italy at the Xin Shu School in Rome—Master Jeffrey Yuen is making himself available to dedicate an entire seminar to the **questions of participants** and students of the School, in order to **address doubts** and explore specific aspects of Classical Chinese Medicine.

This is a unique opportunity to ask Master Yuen a question about issues that deserve further study in Chinese medicine.

For this purpose, as time is limited, each participant, upon registration, will be able to use the notes field to **write a question to pose to Jeffrey Yuen**.

From all the questions received, we will select 4 or 5, which will form the outline of the Seminar. We are confident that the chosen questions will provide food for thought and enrichment for all participants.

Participation

Register to the Seminars in Rome.

The Seminars of Master Jeffrey Yuen are entirely delivered in presence, in Rome. There is no live-streaming remote connection.

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 16: Qigong to Overcome Physical and Psychological Trauma	€ 190*
May 17 and 18: The Study of <i>Dumai</i> Meridian (part 2) + Jeffrey Yuen Answers Difficult Questions	€ 330*
May 16, 17 and 18: Qigong to Overcome Physical and Psychological Trauma + The Study of <i>Dumai</i> Meridian (part 2) + Jeffrey Yuen Answers Difficult Questions	€ 430*

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

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Register to the Seminars of Master Jeffrey Yuen on:

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