



Hochschule Neubrandenburg  
University of Applied Sciences



WORLD HEALTH QIGONG DAY  
世界健身气功日

## 3. World Health Qigong Day

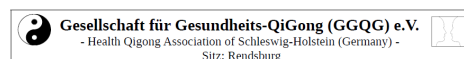
A cooperative event of the IGP Neubrandenburg, Neubrandenburg University of Applied Sciences, GGQG e.V. Rendsburg and VfL Wolfsburg

*Open event for all interested in Qigong*



**Date:** 14<sup>th</sup> September 2019 (Saturday)  
**Duration:** 10 am – 4 pm  
**Location:** Neubrandenburg University of Applied Sciences, Lecture Hall 2, House 1

**This year's theme: „Let's Enjoy Wu Qin Xi“**





On this day, everybody interested in Qigong can use the opportunity to listen to short presentations on how the Wu Qin Xi practice is used at universities, schools and in different associations. Furthermore, this event offers the possibility to get to know Wu Qin Xi under the guidance of well-trained instructors.

**Programm:**

- 10:00 – 10:10** *Welcoming speech held by the President of the University*  
Prof. Dr. G. Teschke (Hochschule Neubrandenburg)
- 10:10 – 10:20** *Health-Qigong –Wu Qin Xi at the University*  
Prof. Dr. W. Neumann (Hochschule Neubrandenburg)
- 10:20 - 10:30** *Health-Qigong –Wu Qin Xi at school*  
Dipl.-Psychologe Gunter Kase (GGQG e.V. Rendsburg)
- 10:30 - 10:40** *Health-Qigong –Wu Qin Xi in associations*  
Anke Zhang (VfL Wolfsburg)
- 10:40 - 11:00** *Introduction to Wu Qin Xi*  
Prof. Dr. W. Neumann (Hochschule Neubrandenburg)
- 11:00 - 12:30** *Wu Qin Xi - Practice groups*
- 12.30 - 13:30** *Lunch break*
- 13:30 - 14:30** *Wu Qin Xi - Practice groups*
- 14:30 - 15:00** *Collective Wu Qin Xi practice*
- 15:00** *Closing*  
Outlook: Current developments (prevention guidelines)  
Hand-over of the certificates (ESF project participants)

**No participation-fee**

**Please register until 08.09.2019**

**Contact:**

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