

On the 14th of September 2019, at 10:00 am (local time), the third World Health Qigong Day will begin worldwide. The World Health Qigong Day is organized by the International Health Qigong Federation (IHQF) and carried out globally by all its member organizations.

As a member organization of the IHQF, the Institute for Health Research and Prevention (IGP), will be participating in cooperation with the University of Applied Sciences of Neubrandenburg, GGQG e.V. Rendsburg and VfL Wolfsburg, in the global events taking place on this day.

This year's theme is "Let's enjoy Wu Qin Xi". Wu Qin Xi (Five-Animal Exercise) contains a formation of exercises imitating the movements of a tiger, deer, bear, monkey, and a crane. The exercise was designed about 1800 years ago by Hua Tuo, a leading physician of the Eastern Han Dynasty (25-220AD). As health qigong exercise, Wu Qin Xi is based on theories of the traditional Chinese medicine concerning the functions of the internal organs and meridians, as well as the principles of the circulation of qi and blood in the human body.

On this day, we offer a wonderful opportunity to attend the program and experience both, the versatility and the charm of Wu Qin Xi. In addition to short lectures by experts on the use of Wu Qin Xi in universities, schools and associations, the varied program also includes an opportunity to get to know Wu Qin Xi in practice groups, together with competent instructors and to practice Health Qigong together.

Please register until the 8th of September 2019. (Participation is free.)

Where: Hochschule Neubrandenburg

Haus 1 / Hörsaal 2

When: 10:00 – 16:00 Uhr