



# Five Hunyuan Form

## a Five-day seminar with Xie Chuan and Olivier Rijcken

**1st - 5th May 2025**  
**Stiftsberg, Kyllburg, Germany**



From 1st till the 5th of May we offer the chance to practice the **Five Hunyuan Form** together with Xie Chuan in the natural surroundings of the Eifel, Germany. The **Five Hunyuan Form** – also known as level 3 in Zhineng Qigong – means working directly with the Qi of five internal organs as defined in Traditional Chinese Medicine (TCM): the heart, kidneys, pancreas, liver and lungs. The practice links emotions to each organ and includes sounds, mudras and movements. The form requires some experience with meditation but can essentially be practiced by anyone. It is beneficial to have acquaintance of Zhineng Qigong levels 1 and 2 but not necessary: everyone is welcome.

Characteristics of practicing the **Five Hunyuan Form** include:

- working with Hunyuan Palace, guiding Qi to all organs;
- a quiet state from which sounds can work deep on each organ;
- promoting the stability of the emotions related to the five organs;
- improving the connection between humans and nature;
- enhancing wisdom in mind and heart.

The **Five Hunyuan Form** will be led by Xie Chuan. His vast experience with Zhineng Qigong and his own confronting approach will guarantee that during these five days participants will learn new experiences in more than one way.

### About Xie Chuan

Teacher Xie Chuan was introduced to the world of Zhineng Qigong when his mother fell very ill with Ménière's disease. No doctor could help his mother, so Xie took her to the park every day to practice Zhineng Qigong as a last resort. After 25 days of practicing some fundamental Zhineng Qigong exercises, his mother said her illness was completely gone. Xie was inspired by the effectiveness of this treatment and became curious to learn the connection between Qigong and treating illnesses. So, he followed his heart and went on to complete his 2 year teacher qualification at Huaxia Qigong Centre. Xie worked at Huaxia Qigong Centre for 5 years, first in the administrative office and then in the training department. More recently he also worked at Xi'An Zhineng Science Research Center for 4 years as Vice-Chancellor.

Xie Chuan lives in Shanghai and is visiting Europe this Autumn.

More than anything, Xie's intention is to share what he knows so he can help people find healing. He also shares that Zhineng Qigong is not about reaching any particular level, but rather about finding the right method that works for you.

### About Olivier Rijcken

Olivier practices Zhineng Qigong since 2019 and was trained as a teacher with the Xi'An Center in China during the corona years. Since 2022 Olivier is a recognised teacher with the Zhineng Qigong Verein Deutschland e.V.. Olivier will lead the morning practice. He lives in the Eifel and knows the immediate surroundings. This is helpful for beautiful walks and qigong in the local Eifel nature.

### About Katherina Bornefeld

Katherina is a musician and a (Peter Hess trained) sound-healer. She has more than 40 years of live music and healing experience. She will provide an intuitive sound concert for the group on the Friday night with gong, Tibetan bowls, ocean drum and rainstick.

### Practical details:

#### What to bring?

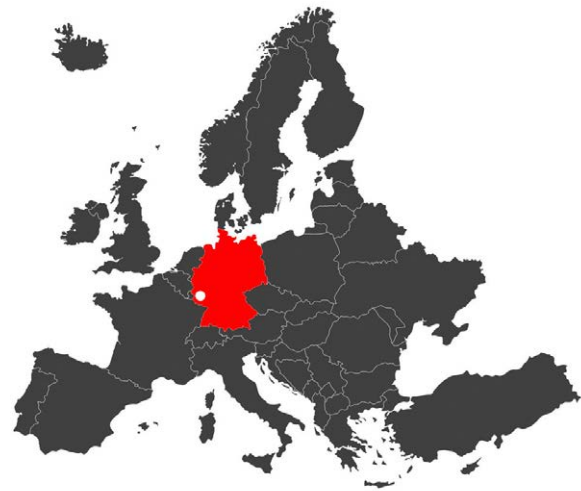
- comfortable clothes for practice;
- house shoes;
- good shoes, hat and coat for (wet) outside conditions;
- for the sound concert: a mat to lie on is recommended;

#### Dates and times:

Arrival Thursday 1st of May at 14 hrs  
Departure Monday 5th of May at 15.30 hrs

#### Location:

Stiftsberg Bildungs- & Freizeitzentrum  
Auf dem Stift 6  
54655 Kyllburg  
Germany  
<https://stiftsberg.de/>



#### Seminar costs:

22-24 hrs of teachings by Xie Chuan, Five Hunyuan Form  
10-11 hrs of Qigong with Olivier  
1 Sound concert by Katherina Bornefeld  
Price for qigong and sound concert: €375

#### Accommodation costs:

Vegetarian meals, warm lunch, fruit, coffee, tea and water (other drinks at own expense) and a single room (including sheets and towels) 4 nights €310 (sharing a room saves you €35, ie € 275). Accommodation has been reserved for 10-15 persons.

#### More information:

The organisation of the five-day seminar takes place on a basis of trust and respect. Please register by sending a mail to [hello@olivierrijcken.nl](mailto:hello@olivierrijcken.nl) indicating any dietary wishes/restrictions and if you want a shared or single room. If no matching participants can be found to share the cost for a single room may have to be applied. If possible I will try to accommodate participants with financial restrictions.

Olivier Rijcken +31 6 23504755 (whatsapp/signal) or +49 160 96230333



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