



Foundation of Qigong with Xie Chuan and Olivier Rijcken

13th - 16th November 2025

Stiftsberg, Kyllburg, Germany

Foundation of Qigong

During the Retreat teacher Xie Chuan will focus on simple but very effective exercises and at the same time impose sharp questions. The purpose of his somewhat confronting teaching style is that the participants become aware of body, mind and emotions, observing behavioural patterns, enabling a connection with their true selves.

Xie's teaching style and qi field are both humorous and powerful. He has been teaching for more than 35 years. His experienced guidance will lead you to deeper levels of consciousness . . . and strengthen your foundation of Qigong.

The retreat is set to meet the needs of the group. Participants do not need specific experience or knowledge of (Zhineng) Qigong. Translation into Dutch or German is possible (by Olivier). Xie's teaching will be in English.

Programme (concept):

Thursday 13th November

16 hrs Arrival of participants
18.30 hrs Dinner
19.30-22 hrs Get to know each other,
 first teachings

Friday 14th November

8 hrs Morning practice with Olivier,
9 hrs Breakfast
10 hrs Morning practice with Xie
12.30 hrs Lunch
14 hrs Walking and practice in nature
16 hrs Tea and teaching Xie
18.30 hrs Dinner
20.00 hrs Sound concert by Katherina

Saturday 15th November

8 hrs Morning practice with Olivier
9 hrs Breakfast
10 hrs Morning practice with Xie
12.30 hrs Lunch
14 hrs Walking and practice in nature
16 hrs Tea and teaching Xie
18.30 hrs Dinner
20.00 hrs Questions, Interaction and free time,

Sunday 16th November

8 hrs Morning practice with Olivier
9 hrs Breakfast
10 hrs Teaching Xie
12.30 hrs Lunch
14 hrs Teaching Xie
16 hrs Bye Byes



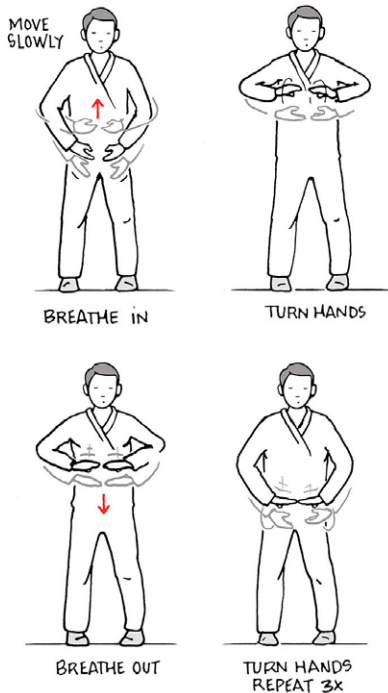
About Xie Chuan

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.

Xie Chuan will offer 16 hours of teaching this Retreat.

(source: Zhineng Qigong Student's Hub)



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. 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) soundhealer. 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, oceandrum and rainstick.

What to bring?

- comfortable clothes for practice;
- house shoes;
- good shoes and coat for (wet) outside conditions;
- for the soundconcert: a mat and light blanket for your own comfort

Costs:

Accommodation at the Stiftsberg Bildungs- und FreizeitZentrum, Auf dem Stift 6, 54655 Kyllburg:

3 nights (sheets and towel are included) and

full boarding (breakfast, lunch, dinner, coffee/tea/water - further drinks on personal account)

The food will be vegetarian, supporting regional producers.

Other dietary wishes can be taken into account.

Early Birds (till 01.09.2025)

Single room € 225 pp (3 nights and full boarding)

Double room € 200 pp (sharing a room, please indicate with whom you want to share)

Normal fee (from 01.09.24 onwards)

Single room € 250 pp

Double room € 225 pp

Full boarding only (all meals, no lodging) € 100 pp

The teaching fees and extras are € 275:

- 16 hours Xie Chuan teachings;
- 7 hours of practice with Olivier Rijcken;
- Sound concert

There are limited rooms available. **Please register by sending an email to hello@olivierrijcken.nl**. You will receive bankdetails in return. The accommodation costs and teaching fees may be paid to different accounts. The registration is complete when the full amount for the retreat has been paid. Please state in advance if you need a receipt. The organisation of the Foundation of Qigong Retreat takes place on a basis of trust.

Booking costs have been made and need to be met. If possible I will try to accommodate participants with financial restrictions.

More information:

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