

Draft for the website and flyer

2-Days Qigong workshop for True Health and Growth with Yuan Tze

- a brand new path for your life begins NOW

Weekend Workshop in Helsinki, Finland 7-8 June 2025

We are very happy that Yuan Tze and Melissa are coming to Helsinki, Finland for the very first time. This weekend workshop will offer a relaxed and enjoyable atmosphere where you can mix with both local and international participants. There will be opportunities to explore Ren Xue and learn and practice Yuan Gong with local Ren Xue teachers.



This heart-centered event offers a most nourishing experience for your life. Immersed in a strong Qi-field built by Yuan Tze, you will be encouraged to open and explore the wonderment of your heart. Yuan Tze's teachings will be conveyed from his heart to yours. This powerful connection and learning experience create the possibility for incredible change and growth.

In this heart-to-heart connection, Yuan Tze will shed light on topics such as the true meaning of health and growth and how to achieve them, the true essence of life and of one's identity, and how to truly be in charge of one's life.

This workshop is for anyone who wishes to find a clear path forward, a path for achieving good health and true happiness, and for living the full potential of life.

Helsinki Centre, Finland

This special workshop, hosted by local Ren Xue teachers in Helsinki, will take place at the Institute of Adult Education (address: Runeberginkatu 22–24) in the Centre of Helsinki, a 30 min train or taxi connection from Helsinki-Vantaa Airport. If you are visiting, we highly recommend finding **accommodation in nearby city centre** as it has a beautiful cityscape with lots of possibilities for dinner/food and cultural destinations. On Friday 6th June there will be a guided tour in the city centre of Helsinki.



Learn from Yuan Tze

We invite you to join renowned teacher and healer, Yuan Tze, in his first workshop held in Helsinki, Finland on 7-8 June 2025. Each day you will learn about life cultivation during two lectures, as well as receiving a group Qi Therapy session.

Lectures are given in Chinese, which is translated live to English by Melissa Liu. Finnish or Swedish language support is also available upon request.

Learn and Practice Yuan Gong

If you are new to Yuan Gong the first method of the Yuan Tze's Qigong system Tian Yuan will be taught by local qualified Ren Xue teachers, Hiroko, Eva and Milla.

If you already know these methods a shared practice will be offered.

Daily Schedule - for both days

9:30 - 12:00 - **Lecture with Yuan Tze**

12:00 - 1:20 - **Lunch**

1:20 - 3:00 - **Teaching and practicing of the first method of Yuan Qigong**, Tian Yuan, by qualified Ren Xue teachers

3:00 - 3:30 - **Afternoon Tea**

3:30 - 5:30 - **Lecture and Group Qi Therapy with Yuan Tze**

On Sunday an optional morning practice of Tian Yuan will be offered 8:00 - 8:45am

Registration Fees & Form

200€ Standard price

180€ Students, unwaged, qualified Yuan Gong teachers (*early bird price until 15 March 2025*)

Includes lunch and afternoon tea

Food

On both days there will be a warm cooked lunch with salad and fruits.

Tea, coffee and water will be offered with lunch and afternoon tea.

What to bring

- As we sit on chairs during Yuan Tze's lecture and practice just standing, there are no yoga mats required
- Warm socks if you wish
- Water bottle or thermos bottle if you wish
- You can wear your shoes outside the hall

Accommodation in Helsinki

There are plenty of hostels/hotels and Airbnb in the city centre of Helsinki. Make sure to find one near the city district Töölö so that you can walk to the venue. For more information, please contact to local host, Hiroko renxuefinland@gmail.com

Guided Walking Tour

We are pleased to offer a guided walking tour (2.5 – 3.5 h) of our historical town, renowned modern architecture and UNESCO world heritage Suomenlinna just for our “Qigongers” from all over the world. If you are interested in participating, please send an email to renxuefinland@gmail.com

Date and time: Friday 6 June, 4pm-7.30pm

Meeting point: Temppeliaukio church, Temppelikatu 16 A, Helsinki

Costs: 25 €/person including the public transportation and entry tickets

Guide: Hiroko, Valle, Milla and Eva

Local Host/Organizers

Milla

Hiroko

Eva

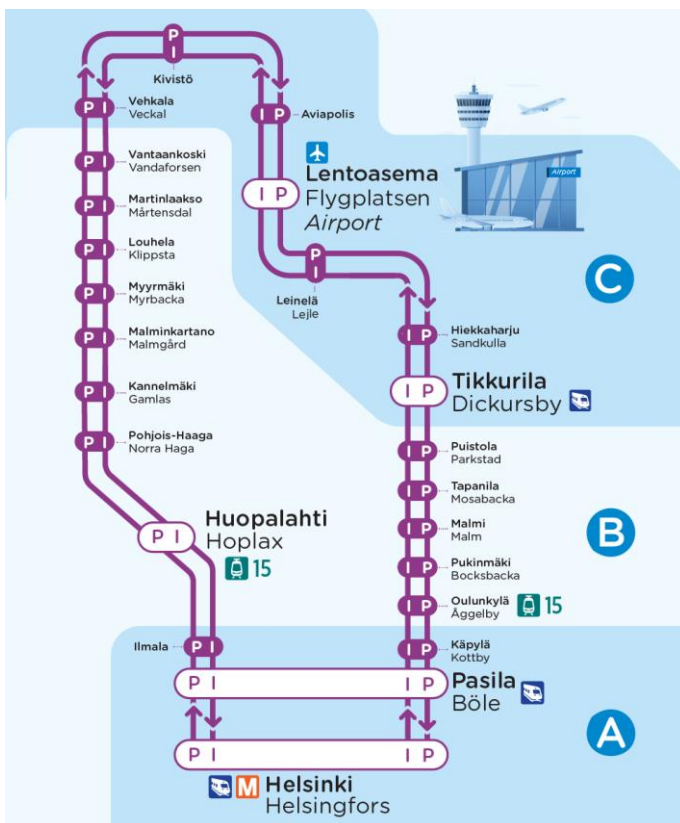
Valle

contact us: renxuefinland@gmail.com

Traveling to the Workshop

How do I get from the airport to Helsinki city center?

- Helsinki Airport is served by I and P trains.
- The trains run between the airport and Helsinki city center every 10 minutes Monday to Saturday and every 15 minutes on Sundays. At quiet times, the trains run less frequently, with headways of up to 30 minutes.
- I trains take about 27 minutes to get to the city center. *Helsinki–Tikkurila–Airport–Myyrmäki–Helsinki*)
- P trains take about 32 minutes. *(Helsinki–Myyrmäki–Airport–Tikkurila–Helsinki)*
- For detailed routes and timetables, see the Journey Planner, reittiopas.fi
- The airport is located in zone C and the Helsinki Central Railway Station is in zone A. You need an ABC ticket, (one-way ticket 4.10 euro) to travel from Helsinki Airport to Helsinki city center.



Where is the Airport Train Station located?

- The train station is directly under the airport terminal. It is accessible by lift or escalator from the arrival and departure halls.

From Helsinki Central railway station to the venue, you can take tram 1 or 2. Helsinki has excellent public transportation network.

By Bus or taxi from Helsinki Airport

Please check the following website for more information:

<https://www.finnair.com/fi-en/smooth-travelling-at-helsinki-airport/transportation-to-and-from-helsinki-airport>

By Car

There are paid parking space in front of the Institute of Adult Education, but we recommend you come with public transportation to support our green planet.