

YOUR

HUNYUAN QI THERAPY PROGRAM JOURNEY



DECEMBER 2024 - OCTOBER 2026

START ANYTIME NOW
BEFORE 6 DECEMBER

After 1st Installment -
Self-study Material

- 1 - What is true health?
- 2 - Zhineng Qigong Level 1

5 - 19 MAY 2025

In-person:
Foundation Module
in Cyprus (EU)

MORE SELF-STUDY
MATERIAL

After Foundation Module:

- 3 - The power of consciousness
- 4 - The meridian system
of the body

MID-END OCTOBER 2026

In-person:
Certification &
Completion Module
in Austria (EU)

6 - 23 DEC + 6 JAN

Online: Zhineng Qigong
Level 1

Training days: Fri (2 hrs), Sat (3 hrs);
optional: Mon (1,5 hrs) and Wed (1,5 hrs)

7 - 26 MARCH

Online: Hunyuan Qi Therapy
Fundamentals

Training days: Fri (2 hrs), Sat (3 hrs);
optional: Mon (1,5 hrs)
and Wed (1,5 hrs)

5 - 24 SEPTEMBER

Online: The 5 Immune
Systems in Zhineng
Qigong Science

Training days: Fri (2 hrs), Sat (3 hrs);
optional: Mon (1,5 hrs)
and Wed (1,5 hrs)

Important Information:

- The HYQT journey comprises **2 in-person, 3 online and 4 self-study modules**. Each module takes place **once per year around the same time**, Thus they are flexible and can also be taken in the following year.
- **Self-study modules** do not need to be completed in a specific time frame, you can study them at your own time and pace throughout the program.
- Additional **2 online Hunyuan Qi Therapy Community** trainings per year with Master Yuantong Liu and all members of the Hunyuan Qi Therapy Community take place on the **last week-ends in January and in August every year**. The content is co-created based on the HYQT Community needs and requests.
- Additional **3 Hunyuan Qi Therapy Lounge meetings** per year: 3-hour sessions with Master Liu and the team to reflect on the completed online programs and discuss questions/observations which come through practice and study time.