



# YOUR HUNYUAN **Qi** THERAPY PROGRAM JOURNEY

MARCH 2026 - OCTOBER 2027

START ANYTIME NOW  
BEFORE 10 MARCH

After 1st Installment -  
Self-study Material

- 1 - What is true health?
- 2 - Zhineng Qigong Level 1
- 3 - The power of consciousness
- 4 - The meridian system of the body

13 - 31 MARCH

Online: Hunyuan Qi Therapy  
Fundamentals

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

2 - 16 MAY 2026

In-person:  
Foundation Module  
in Cyprus (EU)

4 - 23 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)

16 - 30 OCTOBER 2027

In-person:  
Certification &  
Completion Module  
(Cyprus or any other  
EU country)

4 - 21 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)

## 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.