

無極無上門氣功修煉中心
Wu Ji Wu Shang Men Qi-Gong Center, Taiwan
European Program, 2010

■ *Brief introduction of European program*

The European program is a customized training course that focuses on the overall enhancement and adjustment of each individual. In order to make students understand their potential and discover the deeper part of them, diverse practice methods are adopted for developing student's body, mind/heart and soul. These courses not only help you with Qi-gong practice but also make your way toward self-cultivation. This program includes indoor and outdoor teaching and practice. Through the rich and intensive practice, you will see your change and improvement in short time.

■ *Theme-based program*

In 2010, we design serial theme-based program trips to go outdoor practice in National Scenic Areas. Besides exploring Taiwan, it will help students combine the Qi-gong practice with applications. The feature of these programs is to practice with the spiritual world in the nature, to retreat in the mountains, and making pilgrimage to the powerful temples.

In May, we plan to go to the Northern Taiwan. Taiwan's North Coast boasts fine sandy beaches and stunning vistas. Inland, typically it is rugged and precipitously steep, but there are also hot springs, rushing rivers, and several waterfalls. In July, we will go cross the mountains from the western to the eastern Taiwan through the Central Taiwan, to visit the Taroko National Park which is famous for its marble gorge. In October, we will visit the Eastern Taiwan, where has great wild nature and many fine views along the Coastal Mountains to the Pacific Ocean. And in December, the warm Southern Taiwan area is our choice. Beside National Kenting National Park, the unique regional features here include coral reefs, solitary mountains, ponds, sand dunes, and tropical forests.

Along the route, you can also discover all Taiwan's aspects and enjoy the beautiful scenic during the practice trip. We sincerely welcome you to join us!

Note: Each trip is available only when there are over 8 participators.

No.	Theme-based Program	Duration	Visit Area
I	23 May ~ 27 May, 2010	5 days	Northern Taiwan (National Scenic Area)
II	04 July ~ 08 July, 2010	5 days	Eastern Taiwan (National Scenic Area)
III	11 Oct. ~ 15 Oct., 2010	5 days	Central Taiwan (Taroko National Park)
IV	10 Jan. ~ 15 Jan., 2011	6 days	Southern Taiwan (Kenting National Park)

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■ *Program Duration*

No.	Period 1	Period 2
1	24, Feb, 2010 ~ 05, Mar, 2010 06, Mar, 2010 ~ 15, Mar, 2010	16, Mar, 2010 ~ 25, Mar, 2010
2	17, May, 2010 ~ 30, May, 2010 (23 ~ 27 Theme program)	01, Jun, 2010 ~ 14, Jun, 2010
3	28, Jun, 2010 ~ 11, Jul, 2010 (04 ~ 08 Theme program)	12, Jul, 2010 ~ 25, Jul, 2010
4	04, Oct, 2010 ~ 17, Oct, 2010 (11 ~ 15 Theme program)	18, Oct, 2009 ~ 30, Oct, 2010
5	23, Dec, 2010 ~ 06, Jan, 2011	07, Jan, 2010 ~ 20, Jan, 2011 (10 ~ 15 Theme program)

(No. 2, 3, 4 and 5 include a 5-day or 6-day theme-based program trip)

Note: The official program is a 2 or 3-week course, your stay can be arranged to cross two periods. If this is your first time to join the European program in Taiwan, we heartily suggest you to stay at least 3 weeks. However, for the experienced student who has ever joined it, there has flexibility to arrange your stay duration within these three weeks. Also, to advance or prolong your stay is workable. Please contact us for further information. (See [contact us](#))

■ *Schedule*

Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00~12:00	(杻)	(杻)	(杻)	(杻)	(杻)	(杻)
14:00~17:00	(杻)	(杻)	(杻)	(杻)	(杻)	(杻)
20:00~22:00	(杻)	(杻)	(杻)		(杻)	

Compulsory: 10:00~12:00 & 14:00~17:00 on Tue/Wed/Fri/Sat, total 20 hours per week, highlighted in green.

Optional: free practice with Taiwanese students, highlighted in yellow.

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■ **Fee**

Type			Per week (person)	Per day (person)	Note
1	Europe Program	All included*	TWD \$ 45000	TWD \$ 6500	
2	Europe Program (Couples)	All included*	TWD \$ 36000	TWD \$ 5200	Only for couples
3	Theme Program	Stay outside		TWD \$ 5500	Extra charge**

* All included: including lessons, meals, accommodations and airport transportation

** Theme program extra charge TWD\$5500 per day.

■ **Syllabus**

1. Meditation (Jing-Gong)
2. Exercise (Dong-Gong)
3. Individual coaching
4. Inner energy enhancement
5. Self-cultivation
6. Chinese culture
7. Outdoor practice (once a week)
8. Practices at Temple or Church
9. Seminar - Experience sharing and Q&A

■ **Contact us**

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Jan	Visitor's Program																																										
Feb													Chinese new year											Visitor's Program																			
Mar	Visitor's Program					Visitor's Program										Visitor's Program																											
Apr	Switzerland (Ceremony)										Switzerland													Munchen_Diamond sutra-1					Berlin														
May																							Visitor's Program , (23 th - 27 th Theme program)																				
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2011 Jan	Visitor's Program					Visitor's Program (10 th - 15 th Theme program)										Visitor's Program																											