

CULTIVATE YOUR AWARENESS FREE YOUR LIFE



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Experience a profound **mingjue healing** experience, connection, balance, and inner expansion at our upcoming Qi Science retreat, Zhineng Qigong, with Teacher Wei Qifeng.

Since 2023, we have been holding international retreats in an atmosphere of joy, depth, and harmony. Over the course of eight days, we will focus on a topic that is essential to our lives: using mindful observation to deactivate the thought patterns that bind us to suffering.

The retreat will take place in the peaceful and beautiful surroundings of Casa Don Bosco, near the city of Valencia. A natural and austere space ideal for practice, rest, and inner reflection.

Before the retreat begins, there will be a special day for teachers who teach Zhineng Qigong.

A powerful proposal

The retreat is open to everyone. Whether you are a beginner or have been practicing for years, you will receive clear and well-structured teachings in a series of simple yet profound practices that will lead you to:

- **connect** with your clear consciousness and live in the present
- **calm** your emotions, free yourself from stress
- **relax** deeply and find your inner balance
- **open the heart**, heal the relationship with yourself, others, and the world
- **improve** body movement and flexibility
- **play** with qi to increase and smooth your life energy
- **gain** courage, joy, strength, team spirit, and self-confidence

Classes are taught in English with translation into Spanish and other languages.

The focus of the retreat: cultivating awareness

Neuroscience shows that what we think creates emotions that affect the body. If the emotion is dense or heavy, the body tenses up. If the situation persists, energy stagnates and we can become ill.

Cultivating awareness is practicing self-aware observation. It means becoming aware of how your internal state influences your nervous system and the vibration of your energy.

It's about reconnecting mind and body to allow your energy to reorganise and regain its natural wisdom and harmony.

It's about learning to observe which psycho-emotional patterns sustain your suffering, accepting them as part of your human heritage, and transforming them.

It's about rediscovering play, smiling in the face of difficulties. It's about training your attention, breath, and energy to create a healthy life.

Cultivating a stable and clear consciousness allows the heart to relax, open, and reveal its authentic nature.

We will pay special attention to

1- ATTITUDE - Attitude is crucial for changing your life. Practicing inner smiles, joy qigong, play, walks in nature, singing, or dancing makes us more open and flexible.

2- THE BODY - Alternate movement and stillness, experiencing the qi body and its four major centers. Incorporate breath and sound; practice mantras. Strengthen the qi of the spine and nervous system by: awakening the qi dragon, activating the swimming dragon, experiencing the flying dragon, and further enjoying the dancing dragon. Promote the abundance and free flow of bodily qi by stretching and becoming aware of the body's twelve energy channels, using the movements of the double spiral Taiji. And more...

3- THE FIELD - Facilitating the harmonious transformation of all through the creation of a high-frequency group and global field, with the best information. Group practice and group consciousness, fundamental to this teaching, will support the individual and collective process.

4- AWAKENING AND MAINTAINING CONSCIOUS CLARITY, MINGJUE, is the foundation for naturally transforming your entire life.

It will be eight days of calm, depth, lightness, play, inner connection and peaceful exchange.

[REGISTRATION FORM](#)

“Qigong is the refinement of consciousness to improve the body’s energy state. It leads to vibrant health, a harmonious body and mind, and an awakened spiritual life.”

Dr. Pang Ming

If you teach **Zhineng Qigong**

We have asked Teacher Wei to share his valuable experience, with Zhineng Qigong teachers from Spain and other countries. These exclusive sessions for teachers will take place the two days prior to the start of the retreat.

When you experience the practice of awakening consciousness, you feel how your experience of qi changes, as well as the way you live the methods given to us by the Master of all, Dr. Pang Ming.

Schedule

- Starts on October 5th at 5:00 PM
- Ends on October 7th at 12:00 PM
- Lunch on the 5th and 7th is not included.

There will be no additional cost for the course itself. You will be required to cover your own accommodation and living expenses, as well as make a financial contribution to help the organisation continue to run this type of course.

Please complete the registration form by 1 June.

Retreat Schedule

- Starts on October 7th at 5:00 PM. Lunch is not included.
- Ends on October 15th at 12:00 PM. Lunch at 1:00 PM is included.

START

-3:00 PM Reception

-5:00 PM Opening and practice

-7:00 PM Dinner

-8:30 PM Practice

Topics and times may be adjusted to the needs of the group and the moment.

FOLLOWING DAYS

-7:00 Practice

-8:00 Breakfast (at 9:00)

-9:30 Teaching and Practice

-12:30 Lunch (at 13:30)

-15:30 Teaching and Practice

-18:30 Dinner (at 20:00)

-20:00 Teaching and Practice

FEEDING



Cuisine is an important part of retreats, which is why we strive to provide the best possible service. Casa Don Bosco's cuisine is seasonal and, above all, carefully prepared and homemade. All dishes are prepared in their kitchen to avoid the use of artificial preservatives and traces of foods that may cause intolerances. The menu is adapted to the group. You can select your preferences and intolerances on the registration form.

PRACTICE ROOM

We will practice in a spacious, air-conditioned 200 m² room. We also have a 400 m² games room and meeting rooms. The room is equipped with chairs.

Bring your yoga mat and meditation cushion.

Bring comfortable clothing for the practice sessions.



ROOMS

With characteristic austere comfort, all rooms are bright, air-conditioned and equipped with bed linen, towels and shower gel.

Total capacity 150 people. There are 12 single rooms, 30 double rooms, 1 room for people with reduced mobility and rooms with bunk beds.



We only have 12 single rooms available, which will be assigned based on the registration and reservation date for the entire retreat. There is also one room for people with reduced mobility.

Teachers, with some exceptions, will occupy double or triple rooms, as they prefer.

THE TEACHER

Wei Qifeng is a master of Zhineng Qigong, Taiji, and a recognized healer. For more than three decades, he has shared his wisdom with thousands of people around the world.

With ease, compassion, and joy, he teaches the state of pure and awakened consciousness, mingjue, as the basis for human liberation and healing.



[MEET TEACHER WEI](#)

He studied directly with the founder of qi science, Dr Pang Ming, at the renowned Huaxia Centre, known as the “hospital without medicines”. There he led daily practice and was part of the advanced healing and research teams.

In 2018, Wei Qifeng co-founded The World Consciousness Community to create and grow the field of global consciousness, connecting practitioners and teachers, heart to heart, to support each other and raise human consciousness to a higher vibration.

He recently published *Mingjue: The Awakening* and *Mingjue: Awaken Your Innate Healing Power*. Both books convey his way of sharing Dr. Pang's teachings. He has also translated several of Dr. Pang's books into English.

THE ORGANIZERS

The organizing team in Spain is made up of the teachers of Zhineng Qigong, María Teresa Coral, AnYue –Ana Barrios Camponovo– y Piki –Yrmgard Cosson–.

“Change in life begins with change in consciousness”

Wei Qifeng



INVESTMENT IN EDUCATION

“Cultivate your **Awareness**, liberate your life”

Before May 10th

The total investment for the 8 days of training is:

- Entire retreat – **570€**
- Whole 2026 year online students. Entire retreat – **500€**

After May 10th

- Entire retreat – **640€**
- Whole 2026 year online students. Entire retreat – **570€**

To activate the discounts, you must reserve your place with 200 € upon registration, either via PayPal or bank transfer through WISE (we will assist you). Upon arrival at the retreat, you will complete the remaining payment for the training **in cash**.

If, due to demonstrable force majeure, you cancel your participation in the retreat, your deposit will be returned to you in 100%, until August 30th.

Please check with the organizers for partial participation.

FULL BOARD ACCOMMODATION

Single room with full board, 8 nights – **466€**

Double and triple room with full board, 8 nights – **434€**

Room with bunk beds and full board, 8 nights – **418€**

Teachers' double and triple room – **54,25€/per day** – 10 days – **542,5€**

NON-RESIDENTS

If you are not staying overnight, the tuition fee is not discounted – **640€**

The cost for full board without accommodation is – **38€/per day**

Half board – **28€/per day**

If you have any significant health problems, please inform us before registering.

HOW TO GET TO THE RETREAT

[La Casa Don Bosco](#) – Salesianos Godelleta is located 25 kilometers from Valencia, in the area known as Calicanto, 6 kilometers before Godelleta. **Carretera Valencia-Godelleta km.5**

Closer to the date we will send an email with more information

HOW TO MAKE A RESERVATION

- **Complete** the registration form.
- **You will receive a confirmation email.** We will then send you instructions on how to make the payment to reserve your place.
- The reservation will only be effective once you send us **proof of payment** to: corazonesdao@gmail.com
- The investment for tuition, minus the 200€ deposit, **will be paid in cash upon arrival.**
- Places and rooms are allocated strictly in **order of registration.**

If you have any questions, write to us by WhatsApp:

- AnYue: +34 620 34 02 58
 - Teresa: +34 665 58 10 85
 - Yrmgard: +34 652 97 52 83
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Those who attend our retreats wish to experience the Science of Qi, Zhineng Qigong, in its purest form. No other methods or therapies will be presented. Thank you.

During the retreat, the sale of any products is not permitted unless you have consulted the organizers in writing at least one month prior to the event.

FREQUENTLY ASKED QUESTIONS

Until when can I register?

SECURE YOUR SPOT, [complete the form now](#), don't leave it until the last minute.

From July 1st, before registering, please contact us to confirm if there are still places available.

You can take advantage of the discount **until May 10th**.

Is it possible to continue practicing in a group after the course?

Yes, all three teachers have free practice groups online.



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