



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

March 28, 2022

'Belt and Road, Heart to Heart' - Health Qigong Lecture Hall 2022

INVITATION

IHQF Member Organizations and relevant Health Qigong organizations,

In order to promote the international development of Health Qigong, meet the needs of the majority of Health Qigong enthusiasts, and promote the health and friendship of all mankind, 'Belt and Road, Heart to Heart' - Health Qigong Lecture Hall will be organized from April to November in 2022, including the cultural lectures, HQ training courses, exchange salons, thematic Essays and other activities.

This year, the content and format of the Lecture Hall will be further optimized and upgraded on the basis of extensive opinions. Every participants will be able to gain knowledge, improve skills, participate in the communication, showcasing style, and find your sense of belonging and happiness. Let us embrace a shared future hand in hand and make Health Qigong contribute more to the building of a community of common health for mankind.

We look forward to seeing you in the Lecture Hall 2022!



International Health Qigong Federation



Chinese Health Qigong Association

‘Belt and Road, Heart to Heart’- Health Qigong Lecture Hall 2022

ANNOUNCEMENT

I. NAME

‘Belt and Road, Heart to Heart’- Health Qigong Lecture Hall 2022.

II. TIME

23 April to 26 November in 2022.

III. ORGANIZATIONS

1. Organizers

International Health Qigong Federation.

Chinese Health Qigong Association.

2. Hosts

Zhengzhou University, China.

Henan Health Qigong Association of China.

3.Co-organizer

Beijing Longcai Sports Group.

IV. PLATFORM

1. Online: ‘Belt and Road, Heart to Heart’ Lecture Hall at www.ihqfo.org.

2. Offline: Zhengzhou University.

V. PARTICIPANTS

Health Qigong enthusiasts and practitioners from countries and regions along the 'Belt and Road' and related areas.

VI. CONTENTS

1. Opening Ceremony

The Opening Ceremony of the Lecture Hall will be held on Saturday, 23 April at 16:00-16:30 (Beijing time). After the opening ceremony, the first session of the Cultural Lecture will be organized at 16:30-18:00 (Beijing time), with the theme of *<Qi' and Traditional Chinese Culture>*.

2. Cultural Lectures

The lectures will focus on the origin, characteristics, theory and efficacy of the Health Qigong·Ba Duan Jin. The connotation and extension of Ba Duan Jin are explained from the theory of breadth and depth. Eight lectures will be organized in total. Following the first lecture on April 23th others will be organized at the following details:

- (1) The second lecture, entitled < *Thousand Year Journey of Ba Duan Jin* >, will take place on Friday, May 20th at 16:30 to 18:00 (Beijing time).
- (2) The third lecture, entitled < *Theory and Technique of Ba Duan Jin* >, will take place on Friday, June 17th at 16:30-18:00 (Beijing time).
- (3) The fourth lecture, entitled < *Principles of Chinese Medicine with Ba Duan Jin* >, will take place on Friday, July 8th at 16:30-18:00 (Beijing time).
- (4) The fifth lecture, entitled < *Exercise Essentials of Ba Duan Jin Practice* >, will take place on Friday, July 29th at 16:30-18:00 (Beijing time).
- (5) The sixth lecture, entitled < *Effectiveness of the Ba Duan Jin* >, will take place on Friday, August 19th at 16:30-18:00 (Beijing time).
- (6) The seventh lecture, entitled < *Practice of Keeping Healthy in Ba Duan Jin* >, will take place on Friday, September 9th at 16:30-18:00 (Beijing time).
- (7) The eighth lecture, entitled < *Realm of Ba Duan Jin Practice* >, will take place on Friday, September 30th at 16:30-18:00 (Beijing time).

3. HQ Training

Eight training sessions on Health Qigong·Ba Duan Jin will be organized on May 13(Friday), June 10 (Friday), July 1 (Friday), July 22 (Friday), August 12 (Friday), September 2 (Friday), September 23 (Friday), and October 14 (Friday). Therein, July 22 and October 14 are Q&A. Each teaching time is scheduled to be held at 16:30 to 17:30 (Beijing time). After the training of the day, participants can watch the replay on the column of '*Belt and Road, Heart to Heart*' at www.ihqfo.org

4. Exchange Salon

A total of eight salons entitled *health and Friendship* will be organized on May 7 (Saturday), May 28 (Saturday), June 25 (Saturday), July 16 (Saturday), August 6 (Saturday), August 27 (Saturday), September 17 (Saturday) and October 8 (Saturday). Each salon is scheduled to be held at 16:30-18:00 (Beijing time). At that time, 2-3 organization leaders or their backbones will be invited to meet, interact and communicate with the majority of Health Qigong fans in each session.

5. Thematic Essays

(1) With the theme of '*Ba Duan Jin*', the writing activity will be carried out from April to October. Some requirements are as follows:

The article should be rooted in the real experience of Ba Duan Jin, including feelings, impressions, typical experiences and good results of learning or teaching Ba Duan Jin. Touching stories around you are preferred. Promising visions of learning and spreading Ba Duan Jin and suggestions for promoting the international development of Ba Duan Jin are required.

(2) Submissions must be submitted to users@ihqfo.org before October 31st. After the initial review, the papers will be published on the column of "Belt and Road", and some of the works will be recommended and published on relevant media. All contributors are bound to receive the Health and Friendship Award.

6. Closing Ceremony

The closing ceremony& Health Qigong Culture Forum will be held on November 5th

(Saturday) at 16:30-18:30(Beijing time). The organizer will summarize and review the course of the Lecture Hall activities and play the sidelights; lecturing experts and student representatives make speeches; representatives of writing activity tell the theme story of Ba Duan Jin; representatives of the salon guest host will show the 'Heart to Heart' results and development vision on the 'Belt and Road'.

VII. CONTACT INFORMATION

1. IHQF & CHQA

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Annex: Thematic Essay Submission Form

'Health and Friendship' Thematic Essay Submission Form

Name		Gender		Age	
Country/Region		Affiliation			
Tel		E-mail			
Title of Essay					
About the Author					
Summary of the Essay					
<p>The author of the essay must sign to confirm the following:</p> <ol style="list-style-type: none">1. The entries are non-returnable and authors are requested to keep their own copies.2. The organizer may use the writing work for exhibition and publication in the designated media.3. The essay must be written by the participant to ensure that he/she is the main author.4. The organizer reserve the right of final interpretation of the activities. <p style="text-align: right;">Author's signature:</p> <p style="text-align: right;">Date:</p>					