



Wall Squats 'Challenge'

On-line / In-person / via Recordings

10am on Sunday, 3 July NZ time
([click here for your local time](#))

Duration: 2 hours - give or take depending on
the amount of feedback and questions received

Led by [Vlado Rashev](#)

**Dear Qigong Students, Teachers,
Fellow Practitioners,**

It's my pleasure to invite you to this one-of-a-kind event! Join us for an exclusive practice of one of the most natural & versatile moving exercises the Qigong Masters have come up with - the Wall Squats.

As usual, we'll start with building a Qi-field to support our learning and practice. After that there will be time to share personal experiences, have your questions answered and get your squats checked and adjusted. Then we may have a short break and continue with the main 'challenge' practice of Wall Squats followed by some Dantian Breathing/Rubbing Qi/Pulling Qi.

This event has several purposes:

- to make you aware of the many benefits the practice of the squats can bring us
- share your experience and learn from the experience of your fellow practitioners
- get your questions answered so you can adjust and further develop your practice
- experience the effect of doing the squats in a stronger and purpose built Qi-field
- give you an opportunity to improve your personal 'record'
- motivate you to practice more
- use the occasion to practice Gratitude and Gongjing (True Respect and Humility)

Who may attend?

The event is open to everyone who knows how to do Wall Squats and has practiced them for a while. It is of no importance whether you can do 500 facing a wall or only 5 holding a chair - what matters is your willingness to learn and better yourself.

If you are completely new to this exercise, instead of doing the 'Challenge' I would recommend enrolling for a beginner course or arranging an individual tuition session.

Share your positive experience with the Wall Squats

If you have experienced something that can be of help and/or inspire your fellow Qigong practitioners, please write it down and send it to me so I can read it on your behalf at the beginning of the session. You can sign it anyway you like (e.g. initials only / first name only / full name / full name and city etc).

The time for Q&A

You are most welcome to send me any questions related to the Wall Squats in advance. You can do that either while filling in the registration form (there will be a field for questions and comments) or via email.

Those of you who join me in person here, at the Qigong & Self Healing Centre, will get an opportunity to have their practice checked and corrected.



The Practice (the 'Challenge')

Our practice will start with an exercise for warming up the knee joints. After that we'll pour Qi down few times to relax and body and balance the overall Qi. Then comes the main part - the practice of the Wall Squats.

The duration of the main part (doing the squats) will be 45-50 minutes. This will be sufficient for doing about 100 squats in a slow and relaxed way, however it doesn't mean you have to do that many. What you should do is consider your own level of fitness and health conditions. For instance, if you usually do 10, you can try doing 12 or 13, if you can do 20-25, try doing 30. If you know you can do 50, it will be very likely you'll be able to do 60. Or if you can do 100, you don't have to stop with me - you can keep going for as long as you like!

When you have done your share of squats, you can sit and nourish Qi at Lower Dantian and enjoy the feeling inside ☺. Or continue with some Dantian Breathing, Pulling Qi or other Still Qigong practice.

Please note the purpose of this 'challenge' is not to make you exhausted and leave you in a Qi-depleted state. Rather, it is to give you an opportunity to enjoy a nourishing and revitalizing practice in an uplifting and joyous Qi-field. Opportunity to celebrate Qi and Life and cultivate a state of Gratitude and Gongjing.

We'll finish the practice together by pouring Qi down few more times to smooth, balance and harmonize Qi of the whole body.

At the very end we'll also strengthening the positive and uplifting information in our individual Qi-fields/laws of life.

How can you participate?

You can do the 'challenge' in three different ways:

1. Online, from the comfort of your own home. All you need is a computer and relatively fast Internet connection
2. In person - come to Qigong & Self Healing Centre and share the local qifield with Vlado and the rest of the participants here
3. Via on-line recordings - if you can't do the sessions live because of the time difference with New Zealand or other engagements, you can follow the whole event by replaying the video recording on one of the following few days - the qifield will still be there awaiting you to join. The recording will be available for online viewing till 10 July. The downloadable MP4 video files will be available for purchase as well.

On-line participation (live or via recordings)

All on-line participants will receive a connection link along with detailed instructions of how to use it one day prior the event.

The connection will be one-way at video and audio level - you will be able to hear and see me but i won't be able neither to see, nor hear you. However with our collective effort and use of the qi-field we'll make possible a 2-way connection on the level of Qi and consciousness. You'll still be able to ask questions and give your feedback via text messages sent through the Chat panel on the broadcast web-site.

Here is a sample video to give you an idea of the broadcast quality:

<http://original.livestream.com/onlinelessonsinqigongsamplevideo>

The recording of the session will be made available for replay soon after the end of the live broadcast. So no worries if the time of the session doesn't suit you - you'll be able to watch it later on.

Attending the event in person

The address of Qigong & Self Healing Centre is:



61A York Street
Moera
Lower Hutt (NZ)



In order to keep the Qi-field stable, please arrive 10 to 15min prior the start of the event so you'll have enough time settle in and adjust your state.

If you need a lift, do let me know and I'll check if anyone else is coming from your direction.

How to prepare for the event

I would suggest starting with watching the two short videos about Wall Squats

<https://www.youtube.com/watch?v=ILnWMtHob9Q>

<https://www.youtube.com/watch?v=dknQdxiRhas>

and reading the section on the squats in the Appendix of [Voyage to the Shore - Part 1](#). Then start practicing squats on a daily bases. Start small and increase the number of squats gradually. Make sure you don't overdo the practice / overexert yourself. Respect your Qi and do not abuse this very special exercise - use it with gratitude, true respect and humility! Connect with the Qifield of the event and it will bring joy and brightness to your practice.

If you have any comments and questions - do send them to me at least 2 days in advance so I will have time to collate all responses for the session.

Registration

Bookings are currently open. There are only eight (8) places for attending in person (at the Centre), so do not delay your booking if you really wish to attend. The number of the concurrent on-line participants is greater but still limited (40) so to avoid disappointment do not leave your booking to the last moment.

To register, please:

1. **Fill in the online registration form** (follow the link below):

<http://goo.gl/forms/NRRi8xZV7KSHFr6r1>

2. **Send your payment before 1 July (NZ date)**. There is a fee for attending the event, however the amount is not fixed. Feel free to pay/donate whatever amount feels right to you, considering your own situation. Contribution of any amount will be equally appreciated and accepted with gratitude. To view the ways of payment [click here](#). **There is no fee if you have been practicing Wall Squats for more than 10 years - your contribution to the Qifield is much appreciated.**

You will receive the connection instructions with the actual channel link via email one day prior the event.

Cancellation & refunds

Should you cancel before 2 July (NZ time), any payment you have made will be refunded in full. Cancellations made on 2 July (NZ time) or later are non-refundable.

Further enquiries

Please contact Vlado via phone: +64 (4) 970 6523 or email: vlado@self-healing.co.nz

Vlado's web-site is: www.self-healing.co.nz

☺☺☺ I look forward to seeing you in at the 'Challenge' ☺☺☺
Bright Qi and Sparkling Shen,
Vlado