



Zhineng

The Special Qigong

Concept of Life of the new Era

Aranja Probst

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Aranja B. Probst (*1951)

Mother of 2 adult children; has learned after her time as a housewife and mother veterinary practitioner with a focus on homeopathy. As part of a further training as a mediator, she also dealt with Far Eastern philosophies.

In 2012, she read an article about Zhineng Qigong and began training in it. This was done under the direction of Ping Dietrich-Shi at some Chinese teachers with corresponding final examinations in theory and practice. Since the end of 2013, she has been teaching her own groups and is also constantly training teachers.

The focus of her lessons has been working with chronic pain patients. Here, as also affected, she can professionally manage and accompany people through personal experience. She is now better off, and she wants this for her students as well.



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This book by Aranja Probst introduces a holistic method. Zhineng, as many people think, are not gentle movements that originate from Far Eastern culture. It is also not a fitness program to be able to still do gymnastics at old age like a teenager.

Zhineng is primarily a concept to live a good life and to get healthy and stay healthy. Every person is the centre of their life and thus the most important and valuable thing there is for them. Since this applies to every human being, everyone must also meet his fellow human beings accordingly.

Zhineng, the special Qigong, also includes exercises. They alone are highly effective and easy to practice. Their real task is to support body and mind that a perfect harmony of both develops.

The concept was developed by Dr. Pang Ming, a physician for TCM and Western medicine, considering the latest findings of epigenetics.

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