

Inner (Five Zang) Organs Oneness Hunyuan Method

Level 3 of Zhineng Qigong Science

Go deeper. Come home to yourself.

Unite body, mind and Qi

A week by the Mediterranean Sea

A teacher trained directly by Prof. Dr. Pang Ming.



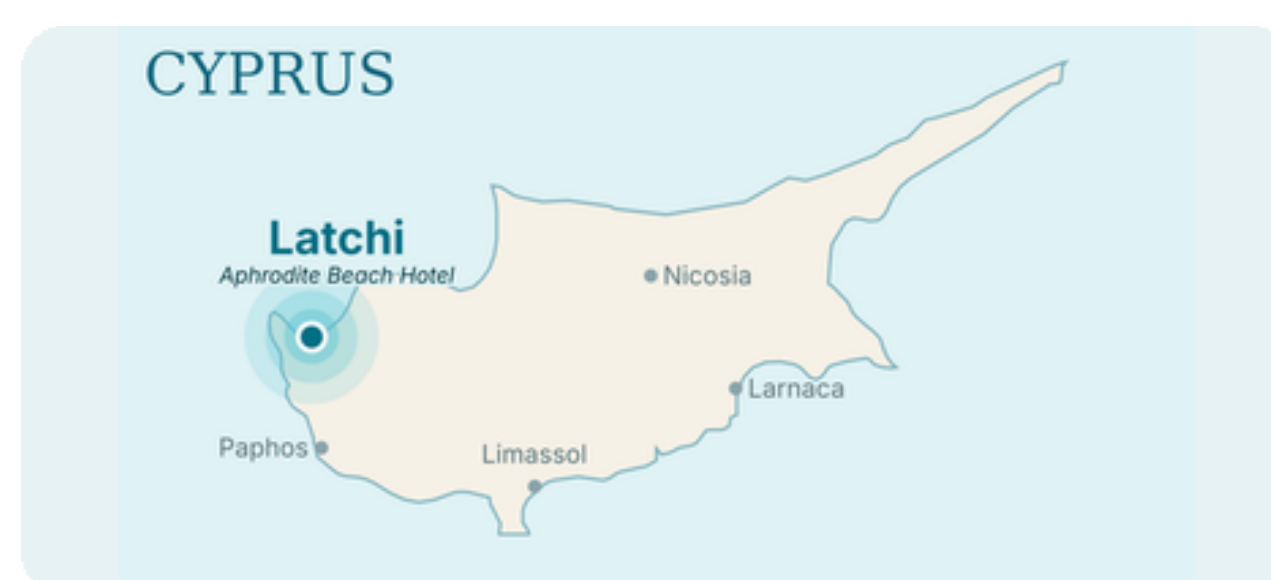
May 17 (Arrival) – 25, 2027

Latchi, Cyprus (EU)

Learn and practice the full Level 3 method of Zhineng Qigong with Master Yuantong Liu – and take home a practice that nourishes your inner organs, fosters the peace of your heart and mind and unite body, mind and Qi.

Level 3 is where Zhineng Qigong turns inward. The practice moves from the body as a whole to the Five Zang organs – heart, liver, spleen, lungs and kidneys – and to their Qi, which is closely connected with your emotions and your character. Step by step, day by day, in a small bay on the north-west coast of Cyprus.

Master Yuantong Liu was trained directly by Prof. Dr. Pang Ming, founder of Zhineng Qigong, and worked together with him for 10 years in the medicine-less hospital in China. With Master Liu and his team, you learn and practice all 3 sections and 13 postures of Level 3, receive individual feedback on your practice and revisit key elements of the Level 1 and Level 2 methods, so that everyone builds on a strong foundation. You leave knowing how to integrate Level 3 into your everyday life.



What you explore and train

- ✓ **Nourish the Five Zang Organs** – heart, liver, spleen, lungs & kidneys
- ✓ **Transform Emotional Patterns** – cultivate stability & inner freedom
- ✓ **Unite Body, Qi and Shen** – integration, harmony & inner connection

Why join this retreat

- Practice all 3 sections & 13 postures of Level 3
- A teacher trained directly by Dr. Pang Ming
- Personal feedback on your practice
- Revisit key Level 1 & Level 2 elements
- A full week for yourself by the sea
- An international, like-minded community

*A full week for yourself: theory, daily practice and meditation – with time to rest, reflect and enjoy the sea.
(Based on the original teachings of Prof. Dr. Pang Ming, founder of Zhineng Qigong.)*

BOOK HERE →

info@life-changer-worldwide.com

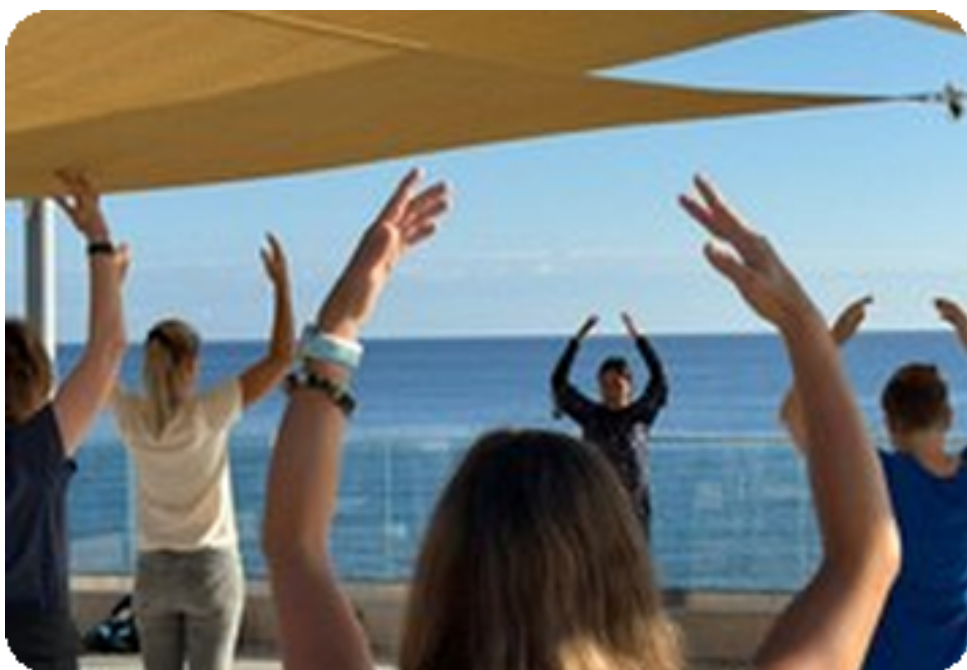
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Is this retreat for you?

Yes, if you are:

- An experienced Zhineng Qigong practitioner who wants to deepen your practice
- A beginner with an established personal practice and good physical and emotional stability
- A student who has completed or is currently studying Level 1 and/or Level 2
- A practitioner of another holistic practice who wants to explore Zhineng Qigong

Level 3 is deeper and more subtle: participants should be physically and emotionally stable enough to engage fully in an intensive retreat. Unsure? Contact us – we are happy to advise you.



Daily flow

7:00 – 8:00

Optional morning practice as the sun rises over the Mediterranean

9:30 – 12:00 & 14:30 – 17:30

Theory and practice sessions with Master Yuantong Liu

20:00 – 21:00 (selected evenings)

Meditative practice guided by Master Liu

The Level 3 method in three steps

Through meditative movement, mind intention, mudras and chanting healing sounds, you will gather and absorb Qi, nourish each organ and cultivate greater inner balance and harmony. In between sessions, there is time for rest – including 2 free afternoons and evenings – reflection, discussion, personal practice, sightseeing and a swim in the sea.

Master Liu will guide you through the three sections of the method:

1 POSTURES 1–4

Opening & Gathering Qi

Open the body's apertures, acupuncture points and pores through gathering Qi, and explore the connection between physical, emotional and mental Hun Yuan Qi and the Qi of nature.

2 POSTURES 5–9

Nourishing the Five Zang Organs

The heart of the Level 3 practice. Each posture focuses on one organ, using movement, mind intention, healing sounds and mudras to nourish and harmonize its Qi.

3 POSTURES 10–13

Merging Body & Shen

Through inward gathering and refinement of Hun Yuan Qi, cultivate a deeper experience of unity, harmony and inner stillness.

Participation fee: €950

Available discounts: Early Bird 10%, if you book by Dec 15, 2026 ·
Returning participants 10% Diligence ·
Health professionals, teachers & coaches 30% ·
Pensioners 30%.
Details on the course page.

[Book here →](#)

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Aphrodite Beach Hotel – Latchi, Cyprus



The Aphrodite Beach Hotel lies directly on the shores of Chrysochou Bay, at the gateway to the unspoiled Akamas Peninsula. Expect beautiful sea views, a relaxed seaside atmosphere and a beachfront restaurant. The fishing harbour of Latchi, the town of Polis and the legendary Baths of Aphrodite are all nearby.



Accommodation

Accommodation package (May 17–25, 2027) at our special room rates:

Standard twin room	€1,140 per person
Superior twin room	€1,420 per person
Single room supplement	€390

The package includes:

- Room with bath and balcony or terrace, breakfast and dinner (half-board), free Wi-Fi
- Shared airport shuttle on arrival and departure days: included from Paphos (min. 2 guests) or Larnaca (min. 6 guests); otherwise €60 (Paphos) / €150 (Larnaca) each way.

Important information: The participation fee (€950) covers the complete Level 3 training, the optional morning practice and the guided evening meditations. Accommodation is booked separately.

Additional add-ons (charged extra)

- Boat trips to the Akamas Peninsula
- Scuba diving and water sports
- Rental car
- Additional nights at the hotel

How to book

1. **Register** for the course.
2. **Once your registration is confirmed:** we send you a dedicated booking form for our travel partner with our special room rates.
3. **Fly to Paphos or Larnaca International** Airport. The hotel can be reached by taxi or rental car, and our travel partner will support you in organizing the transfer.



Give your practice a week by the sea

Join us in Cyprus for a week of deeper practice, meaningful connection and exploration of the transformative potential of Zhineng Qigong Level 3.

[BOOK HERE →](#)

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