

# 7th Deutsche Qigong-Tage

Augsburg, Germany - October 2006

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Late September, early October saw the 7<sup>th</sup> Deutsche Qigong Tage meeting take place in the historic Bavarian town of Augsburg. Organised by Zuzana Thaller the theme of the event was "Stress and Kreativitat" – Stress and Creativity.

Around 200 participants met at the building chosen for the event, situated in a cobbled café area near the town centre. With over 50 workshops, discussions, lectures and presentation the German Qigong Association catered well for their many members.

Qigong in Germany has a very high profile, probably more than that of tai chi. Public awareness is very high due in part to a famous Austrian Skier who some years before applauded the practice of qigong as an aid to his personal health difficulties. With a high-profile figure being interviewed on TV & magazines awareness of qigong was instantly planted in the consciousness of the German speaking nations as a positive aid to health and, as a result many people took up the practice.

Qigong – or energy cultivation does cover an incredibly wide range of practices, many of which were on offer over the course of the weekend. There was Qigong in Music, Qigong Dancing, Qigong in the Workplace, Qigong in Schools, Bailong Ball, Idogo (similar in approach to Tai Chi Ruler) and calligraphy. There was also a good number of serious lectures including one by my old friend Michael Plotz who I enjoyed a few beers with afterwards.

The opening ceremony was held on Friday evening in the lavish town hall ornately decorated in gold leaf and large impressive frescos. The local mayor expressed his support for the event and then invited us to partake of local wines and finger delicacies. It seems that many European countries get strong municipal support when organising such events as they benefit the community in many ways.

Throughout the weekend participants had a choice of 6 – 8 topics running simultaneously on various approaches to qigong. Unfortunately with limited German my choices were few. I did however greatly enjoy the calligraphy session led by Petra Hinterthur as well as checking out the unusual Idogo stick which helps to strengthen rooting in tai chi.

Much to my surprise there were no demonstrations to see and, for me, this was an aspect that I missed as it is always interesting to see different interpretations of qigong.

Aside from the usual stalls offering various related products a team of film professionals were recording all the main talks and lectures which could be bought within hours of the events taking place.

I'm sure the event did much to further the promotion and understanding of the art and with the ongoing work, discussions and sharing qigong will continue to thrive in Germany. ([www.qigong-tage.de/](http://www.qigong-tage.de/))