

Post Conference Workshop - Zu Qigong Basic Sequence

with Annamarie Huckin MRNZ & Karen Philipsen Brown MRNZ



Monday 16th June and Tues 17th June 2025

Note: Different Venue from RNZ Conference (Still Auckland)

The Basic Sequence takes approximately 20 - 25 minutes to deliver. The Focus is on the Extraordinary Meridian Vessels, flow and equilibrium.

This sequence has proved highly successful when blending with other hands on therapies such as reflexology or massage. It is great for those in palliative care, or with restless dispositions where a short therapy is required achieving deep relaxation with the associated benefits.

- Zu Qigong is a holistic approach there is no diagnosing or treating specific conditions.
- Anxiety is removed about client's presenting specific health symptoms and areas to focus or avoid.
- It is a gentle protocol so no strain for your hands and fingers
- It is a meditative technique once assimilated, not only for your client but for you the therapist as well.

The basic sequence is a prerequisite for the full length hour sequence.

Through both days participants will experience Qigong and relate it to their practice.

Course Highlights

- Begin or expand your journey, learning meridians within the feet
- Explore energy exchange within you own body and your clients.
- Practice touch from deep to light and assimilate the effects of light touch use from feet to body.
- Learn easy Qigong practices that you can use to gain more energy out with and within your clinic.

Workshop hours 9am to 4.30pm includes morning and afternoon teas. Own arrangements for lunch. There are plenty of cafes close by and in walking range.

Location:

Auckland School of Reflexology, B5/400 Rosedale Road, Albany, Auckland 0632

Cost: \$465 includes certificate of attendance and **full 3rd edition Zu Qigong manual** (normally RRP \$85)

Cost : \$395 We are offering a few places to those dipping their toe in the water to have a loan manual during the 2 days. You will still receive a certificate of attendance **but no manual to take away.**

The manual is also used for the full sequence training should you choose to progress.

Zu Qigong Registration Information:

Name	
Please print for Certificate	
Address	
Phone	
Email	
Trained with Zu Qigong Prior ?	Yes / No

Accommodation Details

There are numerous options for accommodation near the Auckland School of Reflexology. Some in walking distance, some a short drive.

Albany Rosedale Motel - <http://www.albanyrosedalemotel.co.nz/>

Albany Oak Motel - <http://www.albanyoak.co.nz/>

Quest Albany - <https://www.questapartments.co.nz/properties/north-island/auckland/quest-albany>

Sunrise Garden Albany - <https://www.sunrisegarden.co.nz/>

Ramada Suits Albany - <https://www.wyndhamhotels.com/ramada/auckland-new-zealand/ramada-suites-albany/overview>

There are a few Air BnB's too.

Payment details: please pay into the account **01-0815-0145403-00 (Healing Ways)**

Part deposits are accepted in 4 payment intervals of \$120 and 3 payments of \$115 with full payment received by 30 May. (Payments 4 x \$100 for non manual offering)

Please email your registration information to zugigong@gmail.com and let us know if you have paid.

Cancellation policy: if the workshop is cancelled due to unforeseen circumstances a full refund will be given. If you register and pay, cancellations will be accepted in writing for a full refund until Fri 30th May. From 1st June onwards \$50 will be retained to cover administration and set up costs.

About your tutors:

Karen Philipsen Brown

Karen qualified in reflexology in the UK 25 years ago and practices Zu Qigong reflexology, massage and colour therapy. Having taken many post graduate courses she offers an extensive toolbox to her clients in both Hamilton and Auckland clinics. She is passionate about her work and loves finding the pieces to each individuals wellness puzzle. Karen trained with Elspeth in Auckland in 2017 and has been regularly using this modality in her full time practice since. Karen finds the Zu Qigong basic sequence great in a full reflexology session to ease busy minds. She has also found worthy benefits of the sequence for Fibromyalgia and the full sequence has shown benefits for clients with Parkinsons.

Karen is currently in training to become a Qigong Instructor with Five Elements.

Annamarie Huckin

Annamarie qualified in Reflexology in 2010 and also practices Reflexology and Zu Qigong, Aromatherapy and Massage in her business. Through her passion for Zu Qigong, after training with Elspeth also in 2017, Annamarie became a Small Universe Qi Gong instructor of January last year. Annamarie was awarded Reflexologist of the year in New Zealand in 2018 for encouraging reflexology into the allopathic organisations with hospital staff wellness.

Annamarie is also part of a team that promotes and co-ordinates wellbeing markets.

Any queries please email : zuqigong@gmail.com

We would love to share and explore Meridian work with you and the Basic Sequence of Zu Qigong.

Our aim to get more to Full Sequence then Trainer Level.