



**Find True Health, Happiness & Clarity in Life**  
**Join Sylvie Jutras for a special Qigong & Wellbeing Workshop**  
**January 16-18, 2026**  
**MUYO, Uudenmaankatu 15, Helsinki**  
organized by [Ren Xue Finland](#)

***Experience the transformative power of Qi & the wisdom of the Ren Xue life system to enhance your health and inner balance.***

*This workshop is for anyone who wishes to find a clear path forward, a path for achieving good health and true happiness, and for living the full potential of life. Open for everyone and for those who are familiar with the Ren Xue Yuan Qigong system, you may*

- ✓ *Deepen your Tian Yuan and Di Yuan practice to increase your energy levels and elevate your whole life*
- ✓ *Explore and develop your powerful innate healing abilities*

## Schedule

*The program is subject to change, according to the Qifield and the needs of participants :)*

### Friday Jan. 16

17:00	Orientation and registration
17:30 – 18:30	Tian Yuan & Di Yuan practice with teachers and participants familiar with the 2 methods, <i>guided by Sylvie or by audio</i>
19:00 – 20:30	Evening talk “Dantian Breathing and Qi-healing “

### Saturday Jan. 17

8:30 – 9:00	Morning practice led by the RX teacher (optional)
9:15 – 12:00	Introduction and lecture
12:00 – 13:15	<i>Lunch</i>
13:30 – 15:30	Focus on Tian Yuan method
15:30 – 16:00	<i>Tea Break</i>
16:00 – 17:30	Deepening our understanding of Tian Yuan and Q/A Practice until 6.15pm
– 18:30	Closing the Qifield, ending at 6:30pm

### Sunday Jan. 18

8:30 – 9:00	Morning practice led by the RX teacher (optional)
9:15 – 11:15	Lecture and healing talk
11:15 – 12:15	Healing & Q/A
12:15 – 13:15	<i>Lunch</i>
13:30 – 14:45	Focus on Di Yuan method
14:45 – 15:30	Deepening our understanding of Di Yuan and Q/A
15:30 – 16:00	<i>Tea Break</i>
16:00 – 17:30	Practice of Tian Yuan and Di Yuan
– 18:30	Closing the Qifield, ending at 6:30pm

## Venue

**Jätkäsaari, Helsinki** (*venue is in the city centre of Helsinki, location will be informed in Jan.2026*)

## Registration and Fees

**Standard price 250 € /Early bird price 200 € until 30.12**

**180€ for Ren Xue community members and unwaged)**

- ✓ please let us know if you need financial support
- ✓ additional donations to Ren Xue Finland are welcome starting from **25 €**
- ✓ light lunch, snacks and tea included (do not hesitate to bring your own favourite tea)

Payment to **REN XUE Finland ry**

Account: FI63 1544 3000 0365 12 (Nordea Bank)

Reference number: 8921

**Registration link is [here](#).**



**Sylvie J.** was born in Paris, and she has lived in the Amazon forest and Canada for many years. In 2008, she experienced a time of severe illness and personal turmoil in her life. This led her to learn more about Qigong and the Ren Xue human life system after a friend gifted her a book on the topic.

What happened next felt like a miracle - within just one week of intense practice and reading, the “incurable” condition she had developed disappeared. She began to open to a very different possibility about life, through direct experience and understanding of the healing and transformative power of Qi - the vital life force energy that constitutes everything in the universe. Her healing story has been shared in one of *Yuan Tze's* books: ***'Wellbeing Begins with You'***.

Since then, Sylvie has gone through profound changes in her life both internally and externally, and she has been helping many people across the world through her teachings of the timeless Wisdom of Qigong and Ren Xue system for human life. Her teaching often explores two essential questions which we may all relate to: ***“What is true health?”*** and ***“What is the purpose of life?”***

Trained since 2011 and qualified by *Yuan Tze* at the 6th and last level of the teacher training, **Sylvie** is certified to guide you through the REN XUE system, teach you the Yuan Qigong methods, and help you with the Yuan Ming Medicine tools.

For inquiries and questions, please write to: [info@renxuefinland.fi](mailto:info@renxuefinland.fi)