



Qigong and Meditation Master Class

Touch Your Pure Heart Retreat with Norberto

*How to Work Through Fear & Inner Wounds to Improve Your Well-being?
A Journey to Healing & Inner Strength*

5 days program in Helsinki

19-23.6.2026

Venue: Villa at Kallahti, Kallvikinniementie, 00980 Helsinki

*Unlock the secrets to profound healing and personal transformation at the next **Ren Xue Finland Retreat in Helsinki with Ren Xue teacher Norberto Rodrigues** from June 19 to 23, 2026 with a healing night on 18.6 and closing in the morning on 24.6.*

Limited place available

*Nestled in the marine landscapes of Vuosaari, Helsinki, this 5 Days retreat offers a rare opportunity to immerse yourself in **Qigong and meditation**, guided by the inspiring journey of Norberto himself.*

Message from Norberto:

Through a pure heart we can experience our true self, I invite you to walk with me in this path of life cultivation, to free yourself into who you really are.

Heal the relationships with yourself by awakening your Pure Heart. An awakened heart can heal fear, shame, guilt, doubts, inner wounds, anger, sadness, depression, lack of purpose, emptiness, lack of contentment, procrastination, humiliation, lack of direction and many other problems you may find in your life.

Come and touch and heal your own heart and become the light to touch the hearts of others. Heal your relationship with yourself and heal your relationship with others.

Tong Yuan - The Five Xin Care

The Five Essential Qualities of the Heart, sometimes called Wu Xin or Five Xin, is short for the five different states or environments of the heart characterized by five different qualities and feelings. The **Five Xin, trust, openness, love, gratitude, and Gong Jing**, are a natural part of human life; humans are born with them. The manifestation of Five Xin plays a crucial role in wellbeing and growth. They are at the foundation of building a kind, positive, harmonious, and healthy relationship with ourselves and with the world.

In Ren Xue, working on Five Xin to purify the heart is greatly emphasized as the heart holds the key to open the door to the True Self. The 7th Method of Yuan Gong, Tong Yuan or Five Xin Care is for this purpose. Going through the three stages of practice, one can eventually achieve the ultimate goal – manifesting Five Xin unconditionally in every present moment.

5 Days full-day program and more

During these unique 5 days full-day program, we will be guided through the practices by the qualified Ren Xue teachers. The First and second methods of Ren Xue Yuan Gong – Tian Yuan and Di Yuan will be practiced daily in the morning and evening sessions. If time allows, we will also learn the third method Ren Yuan.

A healing night on the 18th of June, and morning practice and closing session are planned on the 24th of June. These are optional and free of charge. On the 26th and 27th of June, a public talk will be held in Helsinki and Turku, more details will come soon.

The villa at Kallahti, Vuosaari in Helsinki, is next to the seashore and surrounded by the forest and nature reservation area. Its atmosphere is supportive and relaxing. For those need accommodations, limited number of shared rooms are available.

Don't miss your chance to embark on a transformative adventure that will leave you revitalized and empowered.

Daily schedule (it may change according to the needs of participants)

Morning

09.00-09.45 program starts, morning practice
09.45-10.00 Break
10.00-12.30 Session 1: lecture
12.30-14.00 Lunch

Afternoon

14.00-15.15 Session 2: Yuan Qigong
15.15-16.00 Afternoon snack
16.00-18.00 Session 3: Q&A, exercise on working with heart quality
18.00-19.30 Break
19.30-20.45 Evening practice and closing

Registration and Fees

Only when payment has been made can a place on the retreat be guaranteed.

Full program participation: **550 e** (**500 e** for Ren Xue communities and more discount is available for unwaged upon request)

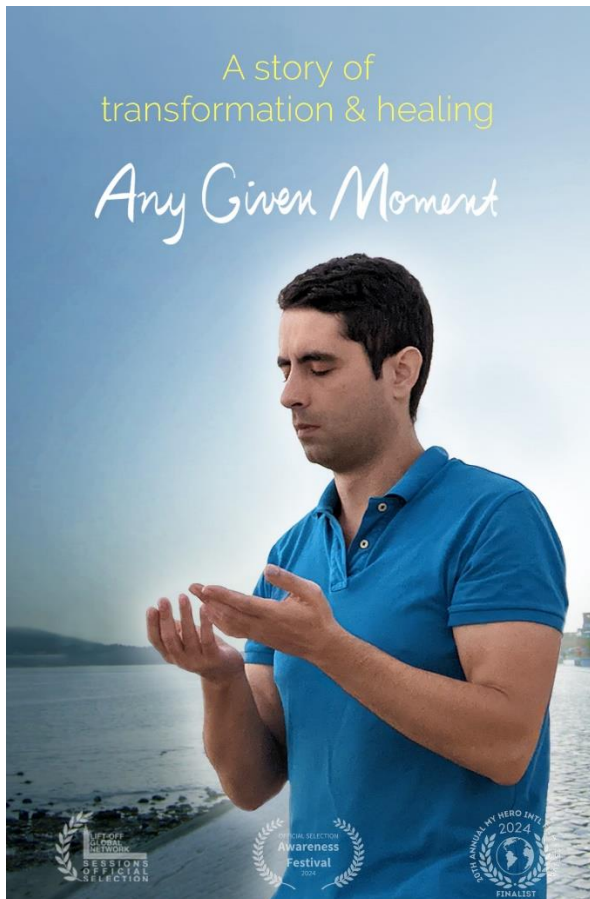
For those need accommodations, package price **675 e**

Price including 5 days program, lunch and afternoon tea/snacks.

Payment to **REN XUE Finland ry**

Account: FI63 1544 3000 0365 12 (Nordea Bank)

Reference number: 8921



Ren Xue – The Practice of Any Given Moment

In the documentary “ANY GIVEN MOMENT,” Norberto Rodrigues employs the practice of **Ren Xue**, which centers around **Yuan Qigong**, to heal his back and attain **realization and wisdom**. Ren Xue, a holistic life cultivation system, integrates principles from traditional Chinese medicine, martial arts, and modern science to foster self-healing and personal growth. Yuan Qigong, a key component of Ren Xue, involves a series of **gentle, mindful movements and meditative practices** designed to enhance the flow of Qi (vital energy) throughout the body. Through consistent practice, Norberto not only alleviates his back pain but also embarks on a profound journey of self-discovery, leading to a deeper understanding of life and an enriched state of well-being.

Link to the documentary : [Any Given Moment](#)

More to read:

<https://renxueamericas.org/interview-with-norberto-rodrigues/>

<https://renxueamericas.org/retreat-with-norberto-rodrigues/>