

Welcome ITP Hagen, Germany!



A special welcome to our newest member to the international ITP community, located in Hagen, near Dortmund in Germany, with other members joining virtually from around the country. They officially launched in October 2021 and currently have 9 members.

Leading the group is Arndt Corts, who helped the group develop out of a Taiji / QiGong group meeting within their Christian Church. He shares his introduction to ITP and a bit more about their group:

"When I had a serious jogging accident with a torn ligament, I lay down for weeks and had time to watch out for a book on my shelf I owned for years but never read. It was "The Life We Are Given" by George Leonard and Michael Murphy. I was immediately struck because of the high practicability and the lack of any dogma or belief system, but containing so much wisdom at the same time. For me, as a Taiji QiGong teacher, it was easy to adapt. Being interested and engaged in the integral community, I saw the huge possibilities ITP offers. So after practicing QiGong in our group for some years, we went into ITP.

What everyone loves is the before/after feeling and the flexibility to integrate our QiGong experience. For the winter months, we add Chinese Qigong practices for lung and Covid-19 prevention. In summer in the garden, we add some YiQuan postures. We recently just started with LET but had to interrupt because of new Covid 19 restrictions in Germany."