

# Six Sounds for Longevity



## The Six Sounds for Longevity

Six Sounds – Six Organs – Six Qigong Movements – and much, much more ...

### Retreat with Qigong Master Lin Kai Ting

Body, Mind, and Sound in harmonious resonance!

Thursday, June 25 through Sunday, June 28, 2026  
Klangwelt Toggenburg, CH-9658 Wildhaus SG (Switzerland)

[www.klangwelt.ch](http://www.klangwelt.ch)

The «**Six Sounds for Longevity**» is a practice based on ancient Asian wisdom for healthy living. Six Qigong movements and according sound patterns relate to inner organs: Liver, Heart, Spleen, Lungs, Kidneys, and «Triple Warmer». This **meditative practice brings Body, Mind, and Sound into resonance**, which has health-promoting effects and can enhance overall well-being and the quality of life in general.

## Organizers and Facilitator

Qigong Master Lin Kai Ting ([www.qilingong.com](http://www.qilingong.com)) and the Competency Center for Integral Evolution and Leadership ([www.cciel.ch](http://www.cciel.ch)) invite you to a regenerative long weekend full of resonance and mindfulness at this poetic location ([www.klangwelt.ch](http://www.klangwelt.ch)) in a picturesque landscape.

## Date and Venue

This unique retreat is taking place at Klangwelt Toggenburg ([www.klangwelt.ch](http://www.klangwelt.ch)) from **Thursday, June 25 to Sunday, June 28, 2026**, at the **Resonanzzentrum Peter Roth** and the **Klanghaus Toggenburg, Vordere Schwendistrasse 60, CH-9658 Wildhaus** (Switzerland).

## Program\*

Thursday, June 25, 2026	Friday, June 26, 2026	Saturday, June 27, 2026	Sunday, June 28, 2026
Individual Arrival	07:00-07:45h Qigong (optional; incl.) Breakfast Break (self-organized) 09:30-12:45h Six Sounds course 13:00h Lunch Buffet (vegetarian; incl.)	07:00-07:45h Qigong (optional; incl.) Breakfast Break (self-organized) 09:30-12:45h Six Sounds course 13:00h Lunch Buffet (vegetarian; incl.)	07:00-07:45h Qigong (optional; incl.) Breakfast Break (self-organized) 09:30-12:45h Six Sounds course 13:00-14:30h Lunch Buffet (vegetarian; incl.)
12:30h Check-in & Snack (incl.) 14:30h Intro-Sound-Experience 15:30-17:30h Six Sounds course 17:30h Snack (veget.; incl.) 18:00-19:00h Klanghaus Guided Tour (included)	14:30-15:30h Walking Qigong (incl.) 16:00-18:00h Six Sounds course 18:15h Snack (vegetarian; incl.) 19:00-20:00h Naturjodel Trial Course (included)	14:30-15:30h Walking Qigong (incl.) 16:00-18:00h Six Sounds course 18:00h End of Day 3 Evening self-organized	Informal gathering with Qigong Master Lin Kai Ting and participants Individual Departure
			*Minor program adjustments possible

## Prices, Meals, and Accommodation

**Retreat over four days**, according to the program above, **Early Bird Price CHF 595.00** (later CHF 695.00). Please note that accommodation is not included and must be organized by participants. Please find recommendations here: [www.mastermylife.ch/events](http://www.mastermylife.ch/events)

## Travel and Parking

Participants make their own travel arrangements to Toggenburg. Public Parking in the immediate surroundings of the Klanghaus is very limited and subject to fees. Some hotel and pensions are within walking-distance of the venue and offer parking. If you stay in a place in the broader area, please make sure you organize your transfer to the venue. Ask also at your hotel for options or a shuttle service.

## Information and Registration

For further information about the organizers, the course, and registration, please visit [www.mastermylife.ch](http://www.mastermylife.ch) or [www.qilingong.com](http://www.qilingong.com)

## About Qigong Master Lin Kai Ting and QilinGong®

Qigong Master Lin Kai Ting is of Chinese origin and has studied different forms of Martial Arts, Traditional Chinese Medicine, and various Asian wisdom teachings. He has lived in Europe for over 30 years, where he has founded his own Qigong style known under the title «QilinGong® - Ancient Wisdom for Modern Times». His programs and teachings are the inclusive essence of his comprehensive knowledge and wisdom, of traditions and daily practice. He is travelling the world to offer courses and retreats. Info: [www.qilingong.com](http://www.qilingong.com)

## About the Competency Center for Integral Evolution and Leadership (CCIEL) and MasterMyLife®

Under the working title «CCIEL», Hans-Ueli Schlumpf offers integrative consultancy services, such as coaching, leadership-, team-, and organizational development. He grew up in the Toggenburg area yet embodies a varied biography. He currently lives near Basel, Switzerland, as a versatile and interculturally engaged professional and experienced Zen and Qigong practitioner. «Integral» stands for his holistic approaches to consultancy that combine universal views, social sciences, management principles, and applied psychology. Info: [www.cciel.ch](http://www.cciel.ch)

**For more information, please contact Hans-Ueli Schlumpf, Mobile: +41 (0)79 888 92 92**

The program is held in English with essentials being translated if helpful. Good health condition, but no prior Qigong experience necessary.