



Sitting on the Lotus – Cultivation Seminar in Ystad · Sweden · June 26-28, 2026

With YiXue Master Students LianYü & Wei Na
A Warm Welcome to Southern Sweden

Early Arrival Possible
June 21-25

Dear Lotus Friends,

we warmly invite you to join the seminar “Sitting on the Lotus” in Sweden. Together with our Swedish Lotus friends, we will travel to Ystad in southern Sweden – right by the sea. A special time of cultivation, meditation, community, nature, beach walks, and Lotus feeling awaits us.

June 26-28, 2026:

YiXue “Sitting on the Lotus” - Cultivation Seminar in Ystad

Returning to inner peace, clarity, and holistic connection

In the midst of a fast-paced and restless world, the three-day YiXue cultivation seminar “Sitting on the Lotus” invites participants to reconnect with themselves. Through



meditation, Lotus practices, silence, and the connection to YiQi, inner peace, stability, and renewed strength can arise.

The YiXue Master Students Lian Yü and Wei Na share the Lotus path and the Lotus spirit of YiXue culture, guiding participants on their journey toward greater balance, awareness, and inner development.

Contents

- YiXue lectures on cultivation and inner development
- “Sitting on the Lotus” meditation - including sessions by the sea
- Morning training on the beach
- YiXue practice sessions with explanations of important acupuncture points by Lian Yü
- Planned excursion to Ales Stenar

General Information

- Seminar fee: €199
- Beginning: Friday, June 26, 4:00 PM
- End: Sunday, June 28, around midday (afternoon program in planning)
- Location: Ystad, Sweden

Registration

1. Registration for the in-person seminar “YiXue Sitting on the Lotus”

Registration for the seminar takes place separately via the YiXue registration portal:

<https://v2202004119103114941.luckysrv.de:8443/yixueweb/portal>

2. Registration for accommodation on site

Accommodation registration is handled separately and directly through the Swedish team. If you are interested, please contact the Swedish team by May 30, 2026 at the latest and send the booking form at the end of this document by e-mail to: kontakt@yixue.de

This helps ensure that accommodation and further organization can be coordinated in time.

*All interested participants are warmly welcome.
We look forward to a light-filled and joyful time together by the sea.*

June 21-25 | Early Arrival Option

Open Days by the Sea - Arrive · Recharge · Be Together

For everyone wishing to arrive before the seminar begins, it is possible to come to Ystad already from June 21 and enjoy the special atmosphere of southern Sweden.

During these days there will be space for connection, shared time by the sea, meditation, walks, training, and small excursions in the surrounding area. We may explore Ystad and its beaches together, visit the meditation circle at Backåkra, or take a trip to Simrishamn.

Relaxed evenings by the grill, meaningful conversations, or quiet moments beneath the stars may also become part of this time - all naturally flowing within the Qi.

The days before the seminar are intentionally kept open and are mainly intended for arriving, recharging, and tuning into the cultivation seminar "Sitting on the Lotus."

Registration & Organization for Early Arrival

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Accommodation & Travel Options

The Swedish Lotus friends have reserved cabins/apartments at Ystad Camping, beautifully located directly by the white sandy beaches outside Ystad. The area offers good facilities, including a shop, restaurants, ice cream kiosks, and cafés.

Smaller cabins can also be rented if needed (starting from approx. 240 SEK per night). Hotels can be booked individually.

Accommodation in Ystad: The Swedish Lotus friends have reserved cabins/apartments at Ystad Camping, beautifully located directly by the white sandy beaches outside Ystad. The area offers good facilities, including a shop, restaurants, ice cream kiosks, and cafés.

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Seminar Venue & Meeting Point: Our shared meeting point during the meditation weekend is the Ystad Båtklubb at the harbor of Ystad – a bright and welcoming venue next to playgrounds, green areas, and a restaurant boat, only a few minutes' walk from the center of Ystad.

This is where we will gather for seminars, community activities, and shared experiences. Barbecue facilities are available, and meals can be enjoyed both indoors and outdoors.

Relaxation & Beach Life | There will be time for swimming, rest, meditation, walks, and playful moments together by the sea.

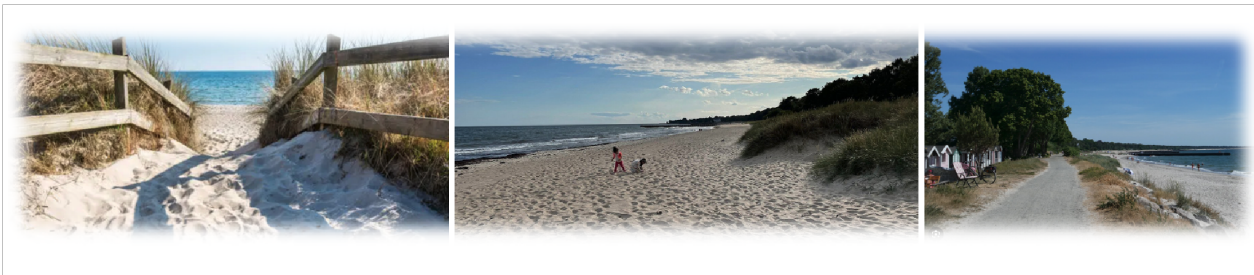
Food & Community | Meals can be adapted to individual wishes. There are many restaurants and cafés nearby, while the cabins also offer the opportunity to cook together.

The campsite has a small grocery store as well as barbecue and cooking facilities for



shared meals and a simple camp atmosphere by the sea. We will also set up a tipi as a meeting place for Lotus friends.

Ales Stenar: Ales Stenar is a famous prehistoric stone ship setting consisting of 59 large stones on the southern coast of the Swedish province of Skåne and is considered one of Sweden's most important historical monuments.



Ystad: Ystad is a picturesque coastal town in southern Sweden, characterized by historic half-timbered houses, small alleys, and maritime charm. More than 300 well-preserved colorful houses from the 17th and 18th centuries line the narrow cobblestone streets of the old town and invite visitors to stroll and explore.

Along the coast stretch fine sandy beaches and the calm Baltic Sea, offering perfect relaxation amidst the nature of southern Sweden. Ystad is also internationally known as the setting of Henning Mankell's famous Wallander crime novels.



Ystad also carries a rich symbolism connected to horses - from the foal sculpture in the pedestrian zone to the carriage sculpture at the station and the mysterious horse statue on the market square.



Additional Information & Links

Accommodation: [Ystad Camping](#)

Alternative Hotels:

Ystad Saltsjöbad - ysb.se

Prins Carl - hotellprinscarl.com

Cameo Boutique Hotell - hotellcameo.se

Hotell Bäckagården - hotellbackagarden.se

Seminar Venue: [Klubbhuset](#) | [Ystad Båtklubb](#)

Bus Tickets & Discounts: [Skånetrafiken](#) - [Tickets and discount-Skånetrafiken](#)

Buses depart hourly at XX:35 and XX:55. Tickets can be purchased via the app or website.

Communication

<https://www.whatsapp.com/download>

WhatsApp groups will be used for ongoing information, updates, and shared photos.

Accommodation

Four-Bed Cabin (14 sqm)

Cabin with two bunk beds, table, and chairs. Mini kitchen with refrigerator, cooking plates, hot and cold water, and basic cooking equipment.

- * 950 SEK per night
- * Approx. 238 SEK per person with four people
- * Final cleaning: 600 SEK

Self-Catering Cabin (4+2 persons)

25 sqm plus sleeping loft (12 sqm). Living room with kitchen, sofa bed, and TV. Separate bedroom with two beds. Shower/WC. Fully equipped kitchen including coffee machine.

- * 1995 SEK per night
- * Approx. 333 SEK per person with six people
- * Final cleaning: 800 SEK

Camping & Additional Costs

- * Camper van: 490 SEK
- * Tent site: 340 SEK
- * Bed linen: 150 SEK
- * Sleeping bags are not permitted
- * Dogs are allowed for an additional fee of 250 SEK
- * Check-in from 3:00 PM / Check-out by 11:00 AM

Arrival & Departure

FlixBus Berlin-Copenhagen

Round trip approx. 500 SEK plus train to Ystad. Total cost approx. 1,000 SEK.

Traveling Without a Car

Ferry Rostock-Trelleborg approx. 644 SEK round trip per person. Train Trelleborg-Ystad approx. 240 SEK.

By Car

Stena Line Rostock-Trelleborg approx. 3164 SEK per car. With five people approx. 632 SEK per person plus fuel.

Flight

Berlin-Copenhagen approx. 2400 SEK plus approx. 500 SEK for train to Ystad.

Info & Contact

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Booking Form

Please register by e-mail at: kontakt@yixue.se

- I am interested in the trip
- I would like to register officially

Name:

E-Mail:

Phone:

Travel companion:

Type of Accommodation: *(Please select)*

- Camping
- Hotel

For accommodation at the campsite:

Please indicate whether you prefer a small 4-bed cabin or a larger 4+2-bed cabin. Also let us know with whom you would like to share accommodation or how many people would be suitable for you.

Single and double rooms may be available depending on availability.

Special Dietary Requirements

Transport: *(Please select)*

- Own car
- Camper van
- Tent
- Need ride-sharing coordination

Distances & Map

- * Kastrup - Ystad: 80 km | 55 minutes
- * Malmö - Ystad: 50 km | 45 minutes
- * Trelleborg - Ystad: 58 km | 45 minutes
- * Ystad - Simrishamn: 35 km | 35 minutes

