



ADVANCED QIGONG TRAINING AGENDA

	Saturday April 14 th	Sunday April 15 th	Monday April 16 th	Tuesday April 17 th
9:00am – Noon	Band Warming, Reeling and Pulling the Silk Drills, and the Coiling Set	Band Warming, Reeling and Pulling the Silk Drills, and the Coiling Set (con't.)	Band Warming, Reeling and Pulling the Silk Drills, and the Coiling Set (con't.)	Band Warming, Reeling and Pulling the Silk Drills, and the Coiling Set (con't.)
Noon – 2:00pm	Lunch	Lunch	Lunch	Lunch
2:00 – 5:00pm	Bagua Stepping Training	Bagua Circle Walking	Pre-Natal Bagua Circle Walking	Pre-Natal Bagua Circle Walking (con't.)

NOTE: Many of these topics have been offered before, but it is through the continual refinement that mastery can be achieved. The deepening of one's practice rarely moves in a straight line. So the training that is offered moves in a circular pattern, courses building on each other in each seminar and over time. Each time a topic is visited, the practice should be strengthened and refined.

Band Warming, Reeling and Pulling the Silk Drills, and the Coiling Set

These three sets of training provide the fundamental blocks for Bagua.

- Band Warming warms the muscles, releases the sinews, and opens the joints.
- Reeling and Pulling the Silk further opens and releases tension from the body while establishing a whole body connection linking the lower and upper half of the body giving it the ability to express itself very efficiently.
- The Coiling Set contains 13 dynamic postures that are the basis of Bagua palm changes. This set is martially based and martial applications will be taught. Each of the postures could be "qigong" postures as well if one shifts their focus to the opening and stretching of the body that integrates the surface and deep muscles of the torso, fascia, and structural concepts.

Bagua Stepping Training

In this module we will teach and explore the fundamental methods of stepping.

It is very important to develop the power and energy of the legs; only then can true internal power be cultivated.

Bagua Circle Walking

Baguazhang, based on one of the oldest philosophical works, is deeply rooted in Daoist meditative and Qi cultivation practices. For many generations, before the development of the eight palm fighting set of Baguazhang, the "Long Men" Daoists practiced Bagua Circle Walking as a meditative Qigong art.

When these Daoists were walking in a clockwise direction, the specific postures and intention were designed to help the Qi rise and to awaken the mind to generate a clear understanding of reality. Likewise, when these Daoists were walking in a counter clockwise direction, the specific postures and intention were designed to help the Qi settle and to calm the mind. Sometimes Circle Walking was combined with mantra recitation or chanting.

Baguazhang's circle walking is an effective means of cultivating Qi and Shen. The physical characteristics of the circle walking align the body in a way that opens and encourages the flow of Qi in the body's meridians; thereby improving the other circulatory systems; blood; nervous and lymphatic in the body. When practiced correctly, Bagua circle walking generates, strengthens and most importantly balances Qi.

Download and "save as" this PDF before entering your information.

ADVANCED QIGONG TRAINING AGENDA REGISTRATION FORM

Participant Information

Name _____

Address _____

City, State, Zip _____

Phone _____ Fax _____

E-mail _____

Highest level of medical qigong training completed: MQP MQT MMQ DMQ

Date completed: _____ Name of primary instructor: _____

Registration Options

- Register early to guarantee your space, as seating is limited.

	Register by April 1 st	Register after April 1 st
2-Day (2 workshops)	\$450	\$550
4-Days (8 workshops)	\$800	\$1000

If attending only two days, please note which days: _____

Method of Payment

Cash Check Visa or Master Card

Make checks payable to the **Temple of Peace and Virtue**

Account # _____ Exp. Date _____ CVC: _____

Cardholder's Name (please print) _____

Cardholder's Signature _____

Billing Address _____

City, State, Zip _____

Refund Policy

A student may withdraw and obtain a refund at any time before the completion of 60% of a seminar. Detailed explanation of these policies follows:

Tuition refund before seminars begin

If a student requests a refund *prior* to the attendance of any seminars, a full refund will be issued **less** a non-refundable deposit of \$100.

Tuition refund after seminars have begun

A partial tuition refund will be permitted if a student cancels enrollment when 60% or less of the instruction has been completed. Based upon clock hours passed, the unused portion of tuition will be calculated, plus the drop fee of \$100.00.

Please FAX, MAIL, or EMAIL this form

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