



## ATLANTA – ADVANCED MEDICAL QIGONG TRAINING AGENDA

	Friday February 17	Saturday February 18	Sunday February 19
9:00am – Noon	<b>Subtle Bio-Mechanics</b>	<b>Yi Quan</b>	<b>Pre-Natal Bagua Circle Walking</b>
Noon – 2:00pm	Lunch	Lunch	Lunch
2:00 – 5:00pm	<b>Nei Gong of Dynamic Qigong</b>	<b>The Power of the General Protocol</b>	<b>Medical Qigong Massage and Tissue Regulation</b>

*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.*

### **Subtle Bio-Mechanics**

One must remember that it is not the length of time that one stands or holds a posture that is important but the internal work that is being done while in the posture.

This course will focus on increasing internal strength and the capability to hold the musculoskeletal structure with tensegrity (tensional integrity). Subtle adjustments can have profound effects upon the body's energy. Awareness will be brought to the body to refine and enhance Qi flow. As the mind becomes tasked with the enhanced awareness of the body, a stillness and clarity is acquired.

This method has direct martial and medical applications.

### **Yi Quan**

Yi Quan goes directly to the central elements; to the development of energy and structural construction; and to the formation of a good relationship between heaven (space), earth (gravity), and man (our balanced structure). Combining and balancing the three elements of heaven, earth, and man will result in a good martial art, good health, good balance, and good mental attitude.

The purpose of this training is to take what is considered by most practitioners as a physical exercise and transform the approach and the presence of mind so that it becomes an exercise of Spirit. If the intent is correct, the mind is quiet, and awareness is entirely in the present moment with no recognition of the past or future. Stillness of the mind is the highest level of achievement; with it you will transcend into the Void and become one with the Tao.

### **Nei Gong of Dynamic Qigong**

Deepen your understanding of dynamic qigong by training each exercise at a much deeper level. We will be integrating the deep muscles of the torso, fascia, and advanced structural concepts. This training can be generalized to all qigong exercises.

In addition to the physical neigong, deeper mental training will be presented in a layer format; once one level of intention is mastered then another is overlaid. Presented will be several layers that can continually be overlaid to build a comprehensive focus.

## **The Power of the General Protocol**

The General Protocol is many times over looked or quickly worked through to get to the “real” work. This idea is highly mistaken.

The General Protocol is an extremely effect treatment that can provide benefit for most any condition. In this module we will “review” this protocol showing the tremendous power that it possesses for change.

## **Pre-Natal Bagua Circle Walking**

Baguazhang, based on one of the oldest philosophical works, is deeply rooted in Daoist meditative and Qi cultivation practices.

Before developing Baguazhang, Dong Haichuan was a practicing Daoist belonging to the Quan Zhen (Complete Truth) sect of Daoism, in the Long Men (Dragon Gate) school.

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.

This involved refining the (vitality Qi (energy) (spirit) to develop a realization of emptiness (Tao). After walking the circle a minimum of three rotations and sometimes as many as 108 rotations; the practitioner would then cross through the center of the circle in an "S" shape; replicating the Taiji diagram. This would send the practitioner in an anti-clockwise direction. At this point the mantra would change and the focus became associated with the purification of past negative karma. Again; the circle was walked from 3 to 108 rotations.

## **Five Element Medical Qigong Massage and Tissue Regulation**

The objective of these techniques is to influence the muscles, nerve fibers, and deep-lying tissues of the body in order to aid metabolism, stimulate energy flow, and to release deep seated emotions and stagnation.

A review of these techniques will be covered; including variations of applications and non-traditional methodologies. This module will include table work.

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## ATLANTA – ADVANCED MEDICAL 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 February 10 <sup>th</sup>	Register after February 10 <sup>th</sup>
3-Days (6 workshops)	\$600	\$800

### 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) \_\_\_\_\_

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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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