

**Certificate in Medical Qigong Exercise  
for Healing and Stress Reduction**

**Level 2 Progress Chart**

35 credits needed beyond credits used for level 1, 11 required in required topics, 24 in elective

<b>Topic</b>	<b>Credits toward certification</b>	<b>Type of Exam Required</b>	<b>Date Exam Passed</b>
<i>Intermediate Qigong Theory*</i>	5	Written	
<i>Sitting Meditation Small Circulation*</i>	6	Oral	
<b>Sitting Meditation Recovery after Medication*</b>	2	Performance with explanation	
<b>(fill in electives)</b>			

topics