

Qigong Course Catalog

Fall Qigong – In the fall as the environment changes from hot and humid to cooler and drier, the body energy changes from Yang to Yin. The lungs may already be aggravated by late summer pollen. This course includes three sets of Qigong exercises to help your physical and energy bodies adjust to those changes: The Fall Season set from the Four Seasons Medical Qigong, Lung Qigong from Qigong Empowerment and the Crane set from the Five Animal Play Medical Qigong. All of these sets help to improve the health and functioning of the lungs and help the lungs adjust to the environmental changes as late summer turns to fall. Suggested for study during level 1. Meets for six one-hour sessions.

Five Animal Sports – Five Animal Sports, whose movements imitate the movements of the tiger, deer, bear, monkey and crane, is one of the oldest and most entertaining Qigong routines. The routine can be practiced as a whole for maintaining and improving overall health or done as individual animal sets to work on prevention of relief of diseases of the body organs and their associated functions as well as to help the body adjust to changing seasons. Although we offer the individual animal sets as part of our seasonal Qigong courses, this 15 session course will offer students the opportunity to learn or review the routine as a whole in one continuous series. Meets for 15 one-hour sessions.

Four Seasons Medical Qigong – the Four Seasons Qigong helps the body evenly adjust its internal energy from one season to another. This adjustment has become more difficult in the modern age where most people's life style is very isolated from nature. The Four Seasons Medical Qigong set consists of four parts – the Spring, Summer and Fall, and Winter routines, and the year-round, All-Season Triple Warmer routine. Changes in the seasons affect the Qi, the organs, the emotional mind, and the spirit in different ways. The Four Seasons exercises are designed to help adjust and balance the Qi to harmonize the body with the seasonal changes. This course provides students the opportunity to learn the All-Season, Spring, Summer-Fall and Winter season's routines in one continuous series instead of one by one in the seasonal qigong courses. Meets for 8 one-hour sessions.

Guo Lin Qigong for Cancer. This routine was created by Guo Lin, who battled prolonged cancer from 1949 to 1964. Finally in 1964, doctors practicing Western-style medicine in Beijing told her she had only six months left to live. However, she continued to fight against cancer and began to research and practice Qigong, hoping to recover. She created her own exercise routine and schedule, practiced diligently for two hours daily and six months later she found that her cancer was in remission. Guo Lin Qigong combines active and passive exercises in three stages: relaxation, concentration and breathing. The most important exercise in Guo Lin Qigong is the walking exercises whereby the breathing, footstep and body and arm movements

are consciously coordinated to energize the body. Suggested for study during level 3. Meets for two one-hour sessions.

Introduction to Medical Qigong Exercise – In this course we will cover the basic theory of how Qigong affects the physical and energy body and acts to improve health and combat disease. In addition, we will cover basic Qigong exercises to aid in strengthening the physical and energy bodies, cultivating and circulating vital energy (Qi) and improving health. These exercises include: Wuj standing meditation, Energy Gathering, Cleansing and Replenishment; the All-Season Qigong Routine from the Four Seasons Medical Qigong; Embrace the Moon on the Chest for healing chronic illnesses; Taiji-Based Balance and Leg Strength Training and the Six Healing Sounds. Required for level 1. Meets for six one-hour sessions.

Late Summer Qigong – Late summer is the season of the earth element in the Five Element Theory and the spleen organ. This course will cover the spleen exercises from Qigong Empowerment and the Bear set from the Five Animal Play Medical Qigong, which are designed to improve the health and functioning of the spleen and help the spleen adjust to the environmental changes as summer turns to late summer. Suggested for study during level 1. Meets for four one-hour sessions. (Note that late summer is not included among the Four Seasons Medical Qigong routines.)

Lying Down Qigong -- a very easy exercise for relaxing and reenergizing the body by means of a guided prone position meditation. Suggested for study during level 2. Meets for one one-hour session.

Qi Cultivation and Circulation Meditation – Building up your vital energy (Qi) and circulating it smoothly throughout your body are keys to maintaining health and combatting aging. In this course you will learn how to store Qi in the lower Dan Tian, increase the Dan Tian's capacity for storing Qi and how to circulate the Qi via the Small Circulation exercise. This course is the follow-on to Sitting Qigong. Students should be familiar with basic sitting meditation techniques. Required for level 2. Meets for six one-hour sessions.

Qigong for Arthritis and Pain Management -- This course covers protocols for using Qigong to relieve chronic pain in joints and muscles and includes demonstrations of Qigong movements for hands, wrists, shoulders, knees and other joints. Meets for one one-hour session.

Qigong to Help Prevent Breast Cancer -- This course teaches simple Qigong exercise to help prevent and relieve energy stagnation in the chest and thereby help prevent breast cancer. Suggested for study during level 2. Meets for one one-hour session. Summer or Fall Qigong are useful preparation for this course.

Sitting Qigong – Simple sitting meditation has great benefits for reducing stress, improving mental function and restoring energy. In this course you will learn and practice the basic principles of sitting meditation. In addition you will learn the sitting version of the famous Eight Pieces of Brocade medical Qigong. Suggested for study during level 1. Meets for four one-hour sessions.

Spring Qigong – As winter changes to spring, the human body changes from extreme Yin to Yang and from relatively inactive to more active. The liver, the body organ in charge of the emotions and growth, is in a Yin state and needs to change into Yang. This course includes Qigong sets designed to improve the health and functioning of the liver and to help the liver adjust to the seasonal changes: The Spring Season set from the Four Seasons Medical Qigong, Liver Qigong from Qigong Empowerment and the Tiger set from the Five Animal Play Medical Qigong. Suggested for study during level 1. Meets for six one-hour sessions.

Standing Eight Pieces Of Brocade Medical Qigong – A famous Chinese general developed this set of eight simple exercises in the 12th century to strengthen his soldiers, and it is still one of the most widely practiced Qigong routines today. It consists of eight simple exercises designed to nourish the internal organs, improve Qi circulation and improve overall health. Suggested for study during level 1. Meets for four one-hour sessions.

Summer Qigong – As spring turns to summer, the environment from weak Yang to extreme Yang. The heart is the Yin organ associated with the season, but its Yin lessens during summer and emotional excitement grows. Excessive emotion can make the Heart too Yang. The main purpose of the summer exercises is to keep the heart from becoming too Yang. This course includes the following skills and sets: The Summer Season set from the Four Seasons Medical Qigong, Heart Qigong from Qigong Empowerment and the Monkey set from the Five Animal Play Medical Qigong. All of these sets help to improve the health and functioning of the heart and to help the heart adjust to the environmental changes as spring turns to summer. Suggested for study during level 1. Meets for six one-hour sessions.

Taiji Ball Qigong – Dr. Yang, Jwing Ming calls Taiji Ball Qigong, “the best Qigong I know.” Taiji Ball Qigong done with a light-weight ball is an excellent exercise for healing injuries, stiffness and arthritis and increasing flexibility in the spine and other joints, improving balance and coordination and strengthening the legs. If you use a weighted ball, Taiji Ball Qigong, in addition, can become a toning and aerobic exercise. In this course you will learn Stationary, Rocking, Straight-line Stepping; vertical and horizontal circling, changing circling. Suggested for study during level 3. Meets for six one-hour sessions.

Taiji-Qigong Energy Cultivation and Circulation – This course will introduce students to the internal side of Taiji – the cultivation and circulation of energy in standing stationary and

moving postures. Subjects covered will include Yongquan Breathing, Four Gates Breathing, Grand Circulation Breathing, Dr. Yang's Primary Set, Taiji Walking, Rocking and Stepping Taiji Qigong. Meets for eight one-hour sessions.

Total Relaxation Standing Qigong – also known as Qi Permeation Technique. This course covers a standing meditation exercise for opening and cleansing the body's energy pathways. It is excellent for relaxing the body, reducing high blood pressure and relieving stress. Suggested for study during level 1. Meets for one one-hour session.

White Crane Soft Qigong. White Crane Qigong is one of the best exercises for health. This qigong helps you to rebuild or increase the strength of your spine and chest. It will also strengthen the body's muscles, tendons and ligaments. Internally, the exercises will help improve Qi storage and circulation. The exercises are beneficial for relieving stiffness of joints, healing injured or painful joints, and healing and preventing diseases of the spine and of the organs and tissues of the chest. The course will include stationary postures as well as forward and backward moving circular flying patterns. Suggested for study during level 3. Meets for six one-hour sessions.

Winter Qigong – As Fall changes to Winter, the body changes from weak Yin to extreme Yin. Qi deficiency occurs in the Kidneys. The spirit sinks and depression increases. This course includes the Winter Season set from the Four Seasons Medical Qigong, Kidney Qigong from Qigong Empowerment and the Deer set from the Five Animal Play Medical Qigong. All of these sets help to improve the health and functioning of the kidneys and help the kidneys adjust to the environmental changes as fall turns to winter. Suggested for study during level 1. Meets for six one-hour sessions.