

QIGONG TEACHER CERTIFICATION – FALL 2017
20-HOUR INTENSIVE OVER FIVE WEEKENDS

****16 hours required****

TIME: 12:00-2:00 pm

Days: Sat/Sun, Sept 30-Oct 29

Limited to first 8 enrollments



Course Fee: \$500

Deposit: \$100 by Sept 23rd

Payment plan available

EXPERIENCE: There are no prerequisites for this certification. However, enrollees with little or no Qigong experience are expected to complete 20 Qigong hours before they begin to teach.

****Complimentary access to DaoShima's Qigong classes through October****

RESEARCH PAPER

To help you gain the knowledge necessary, it is important for you to educate yourself on the art of Qigong. Please write a short research paper on either the history or benefits of Qigong. No more than five double-spaced pages using an easy-to-read font. **PAPER DUE BY 2ND WEEKEND**

ENROLLMENT

Submit completed registration form (last page of this document) and deposit by **SEPTEMBER 23, 2017**. If you prefer to pay via credit card, use the PayPal drop-down menu on jadelady.com. Or enroll in person at 508 West 2nd Avenue, Suite 103 (facing E Street). We are located one block north of the Hilton, across from the Saturday Market parking lot.

COURSE OVERVIEW:

History and benefits of Qigong
Research paper findings
Posture and alignment
Creating energy flow
Understanding visualization
Coordinating breath with movements
In-depth study of each movement
Question/answer periods
Leading a class and giving corrections

TEACHING LOCATION:

Jade Lady Meditation, 508 West Second, Suite 103, Anchorage, Alaska (Entrance facing E Street)

MORE INFORMATION

Contact DaoShima directly at shimasusan@gmail.com

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COURSE SCHEDULE

SEPT 30/OCT 1

Introductions
Overview of Badwanjin Qigong Form
Warm-ups
Movements:
 Embracing the One in Crane Stance
 Mixing Fire and Water
 Two Hands Hold Up the Sky
 Scooping Water from the Stream
 Bone Marrow Cleansing
Practice and corrections

OCT 7/8

Research Paper Discussion
Warm-ups
Lecture, Review, and questions
Movements:
 Drawing the Bow
 Supporting Heaven & Earth
 Gaze of the Tiger
 Wagging the Tailbone
Practice and corrections

OCT 14/15

Warm-ups
Lecture, Review, and questions
Movements:
 Reaching for Heaven and Earth
 Punching with Fierce Eyes
 Supporting the Heavenly Pillars
 Swinging Arms
 Ruffling the Wild Horses Mane
 Meridian Massage
Practice and corrections

APRIL 21/22

Warm-ups
Lecture, Review, and questions
Overview of Badwanjin Qigong form
Practice and corrections
Video Taping (movement of your choice)
Video Review
Questions
Other comments

OCT 28

Lecture, Review, and questions
Leading class
Voice projection
Making corrections
Likes/dislikes

OCT 29

Preparing to teach
Tea Time / Story Telling
Certificate Ceremony
Photos

