

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

16 hours required

TIME: 10:30-12:30 pm

APRIL 1/2, 8/9, 15/16, 22/23, 29/30



Course Fee: \$500

Deposit: \$100 by March 25th

Payment plan available

Limited to first 8 enrollments

EXPERIENCE: There are no prerequisites for this certification. However, enrollees with little or no Qigong experience are expected to complete 16 Qigong hours before they begin to teach.

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 **March 25, 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

**QIGONG TEACHER CERTIFICATION
20-HOUR INTENSIVE OVER FIVE WEEKENDS**



COURSE SCHEDULE

APRIL 1/2

Research Paper Discussion
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

APRIL 8/9

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

APRIL 15/16

Warm-ups
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 22/23

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

APRIL 29

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

APRIL 30

Preparing to teach
Tea Time/Story Telling
Certificate Ceremony
Photos

