

## QIGONG TEACHER CERTIFICATION – SPRING 2018 20-HOUR INTENSIVE OVER FIVE WEEKENDS

**\*\*4 hours in makeup sessions available\*\***

TIME: 12:00-2:00 pm

Days: Sat/Sun, April 14 – May 13

**Limited to first 8 enrollments**



Course Fee: \$550

**Deposit: \$100 by Saturday, April 7th**

Payment plan available

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**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.

**\*\*Complimentary access to DaoShima's Badwanjin Qigong classes through May 15th\*\***

### 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 2<sup>ND</sup> WEEKEND**

### ENROLLMENT

Submit completed registration form (last page of this document) and deposit by **APRIL 7, 2018**. If you prefer to pay via credit card, use the PayPal drop-down menu on [jadelady.com](http://jadelady.com). Or enroll in person at 508 West 2<sup>nd</sup> 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](mailto:shimasusan@gmail.com)

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**COURSE SCHEDULE**

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APRIL 14/15

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

APRIL 21/22

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

APRIL 28/29

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

MAY 5/6

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

MAY 12

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

MAY 13

Preparing to teach  
Tea Time / Story Telling  
Certificate Ceremony  
Photos

