

Detail Program of Medical Qigong (Level I)

Duration: (11¹/₂ – Hours)

Theory:

(5 – Hours)

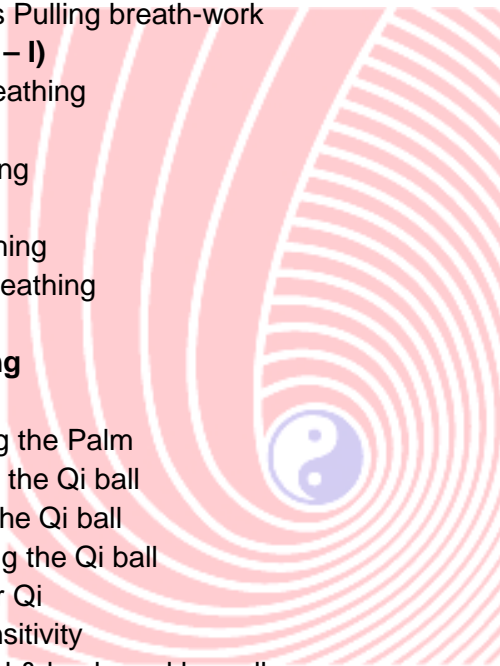
- **Introduction to Medical Qigong**
 - ❖ What is MQ?
 - ❖ Brief History – Culture differences
 - ❖ Different types of Qigong
 - ❖ Concept of Medical Qigong
 - ❖ Objective of Medical Qigong
 - ❖ Primary Techniques of Medical Qigong
 - ❖ Diagnostic Methodology
 - ❖ Healing Methodology
- **What is Qi/Chi/Ki/ Prana/Pneuma/Mana/Bio-electric energy, etc...?**
 - ❖ Flow of Qi
 - ❖ Location & Positioning of Qi
 - ❖ Different types of Qi
 - ❖ Flow of Qi in Human Body
 - ❖ Properties of Qi (*Yin & Yang Theory, Its Characteristics*)
 - ❖ Restriction of Qi flow
- **Basic Embryology**
 - ❖ 3 Forces of Power
 - ❖ Energetic formations of the human body
 - ❖ 9 Depths
 - ❖ Embryological Development
 - ❖ Fetal Toxins
 - ❖ Formation of 8 Vessels
- **5 Elements**
 - ❖ 5 – Elements Energy (*Creative & Destructive Cycles*)
 - ❖ 5 – Elements Organ, Orifice, Emotions, Taste & Properties of 5 Elements
 - ❖ Bio-Rhythm
 - ❖ Theory of Breath-work
 - ❖ Components of Breath-work
 - Rhythm of Breath (*Inhale, Hold, Exhale, Suspend*)
 - Areas of Breathing (*Nostril – based on 5 Elements*)

Training:

(3 – Hours)

- **Basic Postures**
 - ❖ Lying
 - ❖ Sitting
 - ❖ Standing
- **Basic Walk Cycles**
 - ❖ Equal Breath
 - ❖ Dynamic Breath
 - ❖ 5 – Element Walk Cycle Breath
 - Lung Breath
 - Kidney Breath
 - Spleen Breath

- Liver Breath
- Heart Breath
- ❖ Building Immune System
 - One step
 - One & half Step
 - Two step
- **External & Internal Breath-work**
 - ❖ Outward Breath-work
 - ❖ Inward Breath-work
 - Individual Pulling breath-work
 - Double Pulling breath-work
 - Triple Pulling breath-work
 - 5 Areas Pulling breath-work
- **Qi Cultivation (Level – I)**
 - ❖ Long Wave breathing
 - ❖ Ear breathing
 - ❖ Tai Yin breathing
 - ❖ Fire breathing
 - ❖ Reverse breathing
 - ❖ Wood cutter breathing
 - ❖ Heel Banging
- **Qi Sensitivity Training**
 - ❖ Hands
 - Sensing the Palm
 - Feeling the Qi ball
 - Lifting the Qi ball
 - Pressing the Qi ball
 - Circular Qi
 - ❖ Sole or leg sensitivity
 - Forward & backward leg roll
 - Circular & Reverse Circular roll



Self-Healing: **(3 – Hours)**

- 6 Healing Sound (*Yin Organs – Lung, Kidney, Liver, Heart, Spleen, Fasciae*)
- 6 Healing Sound (*Yang Organs– L.Int, U-Bladder, G-Bladder, S.Int, Stomach, Triple Warmer*)
- Sensory Organ Massage (*Nose, Ears, Eyes, Tongue, Mouth, Neck*)
- 5 Animal Qigong (*Revitalizing the 5 Yin Organs – one technique from each animal*)
 - ❖ Tiger
 - ❖ Deer
 - ❖ Bear
 - ❖ Monkey
 - ❖ Crane

Question & Answers: **(1/2 – Hour)**

- Theory
- Training
- Self-Healing

