

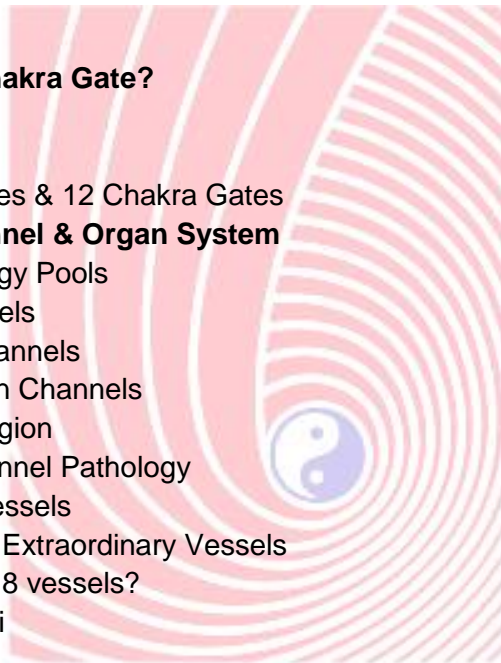
# Medical Qigong (Level II)

Duration: (17 – Hours)

## Theory:

(6 – Hours)

- **Embryology**
  - ❖ Best period of Conception
  - ❖ Development Sequence of Months I to V
  - ❖ Development Sequence of Months VI to X
  - ❖ Postnatal Energy Development
- **The Central Channel**
  - ❖ 3 Dantians
  - ❖ Taiji Pole
- **What is Chakra & Chakra Gate?**
  - ❖ 7 Chakra System
  - ❖ 12 Chakra Gate
  - ❖ 12 Earthly Branches & 12 Chakra Gates
- **Introduction to Channel & Organ System**
  - ❖ Formation of Energy Pools
  - ❖ 12 Primary Channels
    - Jing & Lou Channels
    - Muscle Tendon Channels
    - Cutaneous Region
  - ❖ Causes of 12 Channel Pathology
  - ❖ 8 Extraordinary Vessels
    - Functions of 8 Extraordinary Vessels
    - Why MQ uses 8 vessels?
  - ❖ Classification of Qi



## Training:

(4 – Hours)

- **7 Dao Yin Breath work**
  - i. Natural Abdominal Breathing Method
  - ii. Long and Deep Abdominal Breathing Method
  - iii. Reverse Breathing Method
  - iv. Deep Exhalation Method
  - v. Abdominal Breath Holding Method
  - vi. Windy Breathing Method (Nasal fire breath)
  - vii. Aspirating Method (Healing & Tonal Sounds)
- **Qi Cultivation (Level – II)**
  - i. Long Wave Breathing
  - ii. Reverse Breathing
  - iii. Belt Channel Breathing
  - iv. Fire Breathing
  - v. Relaxing Breath
  - vi. Mingmen Breath
  - vii. Testicle/Ovary Breath
  - viii. Dantian Breath
  - ix. Silver Straw Breath

- x. Chi Chung Breath
- xi. Blue Water Breath
- xii. Governor Vessel Breath
- xiii. Functional/Conception Vessel Breath
- xiv. Union of Heaven & Earth
- xv. Chi Compressing
- xvi. Lotus Breath
- xvii. Water Buffalo Breathing
- xviii. Tai Yin Breath
- xix. Closing Breath
- **Tensing for Tendon Development (Yang Method)**
  - i. Front tensing
  - ii. Side Tensing
  - iii. Upward Tensing
  - iv. Downward Tensing
- **5 Vayu's or Qi of Organ's (5 External & 5 Internal)**
  - i. Prana Vayu – Life Force - Liver
  - ii. Apana Vayu – Downward moving – Kidney
  - iii. Udanu Vayu – Upward moving – Spleen
  - iv. Samana Vayu – Metabolic Fire - Heart
  - v. Vyana Vayu – Pervasive movement – Lungs

### **Self-Healing:**

**(6 – Hours)**

- **Respiratory Tonification & Purging Methods**
  - i. Inhalation for Tonifying Qi in cases of Deficiency.
  - ii. Exhalation for Purging and reducing Qi in cases of Excess.
- **Locating & Cleansing Primary Chakra Gate (Governor & Functional Vessel)**
  - i. Perineum
  - ii. Sacral Bone
  - iii. Mingmen
  - iv. Chi Chung
  - v. 7<sup>th</sup> Vertebrae
  - vi. Jade Pillow
  - vii. Center of Head
  - viii. Philtrum
  - ix. Hollow of Throat
  - x. Solar Plexus
  - xi. Navel
  - xii. Front of Dantian
- **Locating & Cleansing 3 Dantian**
  - i. Lower Dantian
  - ii. Middle Dantian
  - iii. Upper Dantian
- **Purging Techniques (Techniques for Detox)**
  - i. Drumming the Dantian
  - ii. Detox the Lachrymal gland
  - iii. Vibrating the Body
  - iv. Thunder & Banging the Heel
- **8 Jewels Tensing (Tonification Techniques)**

- i. Propping up the Sky
- ii. Shooting the Bow
- iii. Pressing the Heaven & Earth
- iv. Neck Twisting
- v. Stretching Hips
- vi. Front & Back Bends
- vii. Punching the Tiger's Eye
- viii. Heel banging
- **5 Animal Qigong (Tonification – Complete 5 Animal X 5 Techniques = 25 techniques)**
  - i. Tiger Searches for Food
  - ii. Tiger Claws
  - iii. Tiger Pounces
  - iv. Tiger Pierces
  - v. Tiger catches its tail
  - vi. Deer Stretch its Spine & Hip
  - vii. Deer Twist its Spine
  - viii. Deer Runs
  - ix. Deer Scoops Down
  - x. Deer Entwining
  - xi. Bear Twists
  - xii. Bear Pushes
  - xiii. Bear Bumps
  - xiv. Bear Stretches
  - xv. Bear Hangs
  - xvi. Monkey turns & rotate foot
  - xvii. Monkey Plucks Fruit
  - xviii. Monkey Rubs back
  - xix. Monkey Scratches
  - xx. Monkey Spits
  - xxi. Crane Flaps its wings
  - xxii. Crane Gazes
  - xxiii. Crane Takes off
  - xxiv. Crane Soars
  - xxv. Crane Lands



SEVANGEE  
Initiating Potentiality

**Question & Answers:**

- Theory
- Training
- Self-Healing

**(1 – Hour)**

