

SYLLABUS OF MEDICAL QIGONG

Level I



SEVANGEETM
Initiating Potentiality

BY

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SYLLABUS OF MEDICAL QIGONG

LEVEL I

**Duration: (12 – Hours)
(5 – Hours)**

Theory:

- **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:

(3½ – 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



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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:

- Theory
- Training
- Self-Healing

(¹/₂ – Hour)



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