

SYLLABUS OF MEDICAL QIGONG

Level II



SEVANGEETM
Initiating Potentiality

BY
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SYLLABUS OF MEDICAL QIGONG

LEVEL II

**Duration: (18 – Hours)
(6 – Hours)**

Theory:

- **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:

- **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

(5 – Hours)

- 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. 7th 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

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- **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



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Question & Answers:

(1 – Hour)

- Theory
- Training
- Self-Healing

