

Medical Qigong Course Objectives

Upon completion of this course, students will be able to:

- Understand the meaning of Qi and Qigong
- Identify the basic rules of Qigong treatment
- Experience the meaning of three methods (harmonizing the body, breath and mind)
- Identify the relationship of Qigong and Yin-yang, Five elements, acupoints, Meridians and Bagua
- Experience Qi sensation, cultivation, and movement
- Demonstrate Fang Song Gong
- Demonstrate Nei Yang Gong
- Demonstrate five animal play Qigong

Course Outline

Class	Content	
Class 1	Lecture: Qigong outline: the concept of Qigong, the benefits of Qigong. Practice: Cultivate Qi (Five animal play Qigong) Fang Song Gong.	
Class 2	Lecture: the benefits of Qigong. Practice: Tiger Qigong Fang Song Gong	

Class 3	<p>Lecture: Body Training: thought of Taoist, soft body movement</p> <p>Practice: Tiger Qigong.</p> <p>Fang Song Gong</p>	
Class 4	<p>Lecture: Body Training: balance.</p> <p>Practice: Deer Qigong.</p> <p>Fang Song Gong</p>	
Class 5	<p>Lecture: Breath Training: basic thinking.</p> <p>Practice: Deer Qigong.</p> <p>Fang Song Gong</p>	
Class 6	<p>Lecture: Breath Training: different technique</p> <p>Practice: Bear Qigong.</p> <p>Fang Song Gong</p>	
Class 7	<p>Lecture: Mind Training: theories</p> <p>Practice: Bear Qigong.</p> <p>Nei Yang Gong</p>	
class 8	<p>Lecture: Mind Training: techniques</p> <p>Practice: Monkey Qigong.</p> <p>Nei Yang Gong</p>	

Class 9	Lecture: Qi feeling Practice: Monkey Qigong. Nei Yang Gong	
Class 10	Lecture: Qigong and Yin Yang Practice: Monkey Qigong. Nei Yang Gong	
Class 11	Lecture: Qigong and Bagua Practice: Bird Qigong. Nei Yang Gong	
Class 12	Lecture: Qigong and Five Elements Practice: Bird Qigong	
Class 13	Lecture: Qigong and Acupoints Practice: breathing combing movement	
Class 14+	Lecture: review Practice: review	