

Here is what you will learn:

Class 1

- Introduction to Theory & Practice of Clinical Qi Gong
 - Basic Principles of Clinical Qi Gong
- Introduction to Ethical Principles & Practices of Clinical Qi Gong
 - Ethics for a Modern Day Practice
- Effects of External Environmental Stressors on Mind/Body Health
- Introduction to Current Research & Clinical Studies on Qi Gong Effectiveness
- Introduction to Qi Gong Meditation, Movement, and Breathing Techniques – Self Care
 - Stress Reduction and Relaxation
 - Endocrine System – Lower, Middle & Upper Dan Tien
 - Posture & Alignment – Standing, Sitting, and Movement Meditation

Class 2

- Theory & Practice of Medical Qi Gong continued
 - Comparison & Integration of Eastern Knowledge & Western Science
- Introduction to Theory of Energetic Anatomy and Physiology
 - Qi Gong: Classical Chinese Energy Medicine Principles
 - Comparison & Integration of Eastern and Western systems
 - Personal Development
- Effects of Internal & External Stressors on Mind/Body Health continued
 - Central and Peripheral Nervous Systems
 - Musculoskeletal System
 - Organ Systems – East & West
 - Emotional Factors
- Introduction to Energetic Psychology
 - Personal Development
 - Power & Liberation through Self Awareness
- Current Research & Clinical Studies on Qi Gong Effectiveness continued
- Qi Gong Meditation, Movement & Breathing Techniques – Clinical Practicum
 - Qi Gong Mindfulness Meditation Using Mind, Body, & Breath to Elicit the Relaxation Response
 - Qi Gong Movement Exercises for Generalized Vitality, Building Energy, Greater Mental Concentration, & Strengthening Body Areas – Head, Neck & Spine
 - Breathing Techniques to Harmonize Emotions, Blood Pressure, Relieve Headaches & More

Class 3

- Theory of Energetic Anatomy & Physiology continued
 - Effects of Specific Emotions on Organ Systems
- Introduction to Qi Gong Assessment & Application – Theory & Clinical Practicum
 - Healing Practices: Visual Assessment in Clients

- Healing Practices: Assessment of Body Tension & Imbalances in Clients
- Qi Gong Meditation, Movement & Breathing Techniques – Clinical Practicum
 - Qi Gong Mindfulness Meditation to Harmonize the Endocrine System
 - Qi Gong Movement Exercises for Relaxation, Cleansing the Body, Building & Directing Energy, & Harmonizing the Endocrine System
 - Posture & Alignment – Walking, Running, & Reclining
 - Breathing Techniques to Harmonize the Upper Respiratory System, Organs & Abdominal Region

Class 4

- Theory & Practice of Clinical Qi Gong continued
- Energetic & Western Anatomy/Physiology
 - Personal Development continued
 - Location of Important Clinical Qi Gong Acupoint Areas for Emotional & Physical Well-Being – Head/Neck, Spine, Torso, & Limbs
 - Anatomy & Physiology – Organ Locations & Functions in Eastern & Western Systems
- Energetic Psychology and Personal Development continued
- Qi Gong Assessment & Application – Theory & Clinical Practicum continued
 - Assessment of Client’s Body Tension & Imbalances in Specific Areas
 - Visual Assessment continued
- Qi Gong Meditation, Movement & Breathing Techniques – Clinical Practicum
 - Mindfulness Meditation
 - Qi Gong Movement Exercise for Spine and Endocrine System – Deeper Dive

Class 5

- Energetic & Western Anatomy/Physiology continued
 - Organ Locations & Functions in Eastern & Western Systems continued
 - Comparison of Organ functions in Eastern & Western Systems – Deeper Dive
 - Acupoints for Physical Balance
- Energetic Psychology & Personal Development continued
 - Acupoints for Emotional Balance
- Qi Gong Assessment & Application – Theory & Clinical Practicum continued
 - Assessment of Tension & Imbalances in the Whole Body & Specific Areas
 - Supervised Application of Techniques to Balance & Harmonize the Client’s Energy Based on Individual Assessment
- Qi Gong Meditation, Movement & Breathing Techniques – Clinical Practicum
 - Alignment Principles continued
 - Standing Meditation
 - Body Movement for Muscle Relaxation and Relief of Back Tension – Spine & Torso in Sitting, Standing & Reclining Positions
- Review/Q&A

Class 6

- Advanced Techniques for Difficult Cases – Self Care & for Clients
- Case Studies of Applied Clinical Qi Gong to Physiological, Emotional & Psychological Stress Reduction
- Clinical Practicum
 - Supervised Assessment & Application of Techniques to Balance & Harmonize Client's Energy continued
- Advanced Techniques for Difficult Cases – Self Care & for Clients
- Review/Q&A

Class 7 (Optional, for those who want certification)

- Supervised Assessment & Application of Techniques to Balance & Harmonize Client's Energy continued
- Course Review
- Clinical Qi Gong Healer Certification Exam

About Certification

Class 7 is optional and not required for students who do not wish to obtain certification. All students are eligible to take the certification exam after participating in all 6 classes. Certification is solely provided by Medical Qi Gong Associates, LLC, which is not accredited by a state, national or international accreditation/certification body for private organizations.