

Qi Dragon Healing Center

QIGONG WEEKEND WORKSHOP



LIPING JULIA ZHU L.AC.

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Heavenly Essence Qigong is one of the largest Qigong schools from China. It is well known for its powerful healing effects, comprehensive theories, and easy-to-follow practices. Qigong Level One will be offered through a series of three weekend workshops. You will learn the complete set of 22 practices for self healing and healing methods for others from the three consecutive weekend workshops. Please check www.qidragon.com for other classes or updates.

Level 1 (Part II)- Microcosmic Orbit

Sat & Sun July 10-11, 2010 9am-4pm

(5 practices - Prerequisite: Part I Dynamic Qigong)

Instructor: Liping Julia Zhu L.Ac.

This workshop continues to teach students more in depth Heavenly Essence Qigong theory and practices. Teaching focuses on the Taoist alchemic practice Xiao Zhou Tian (Small Cosmic Orbit aka Microcosmic Orbit) which contains: Using the Sound to Guide Qi through the Orbit, Nourishing Qi Method, Gathering Qi Method, Secret Method of Opening the Orbit and Supplementary Method of Opening the Orbit. This workshop also includes the theories on Eight Success Factors, group Dynamic Qigong practice. Small Cosmic Orbit practice is the first stage of the Daoist Neidan Gong practice to transform Jing into Qi. It was also known in the ancient time as "Human Immortal Gong". Heavenly Essence Qigong system evolved this traditional practice and calls its method "Accelerated Small Cosmic Orbit Method" which combines the ancient wisdom with a more direct and simpler approach to this traditionally esoteric practice. Qigong for Health II also includes the theories on Eight Success Factors, group Dynamic Qigong practice, and some of medical Qigong group healing.

Location: Gruenwald Press, 1663 Mission St, SF, CA 94103. Entrance at Plum Street, right off the Discount Builders (between South Van Ness & Mission) (For Saturday, parking on Plum street where it is marked red, sign says no parking Mon-Fri only or parking on Duboce St near Valencia. Sunday parking is free at all meters)

Cost: Preregistration: \$285 for non-CEU takers, \$315 for CEU takers (L.Ac & RN)

Postmarked by 7 days prior to the workshop date, All late registration adds \$40

15 CEUs in Category 1 approved by the California Acupuncture Board, Provider Number 719

15 CE Contact Hours approved by CA Board of Registered Nursing, Provider Number 1516915

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Registration Form Level 1 Qigong Part I__ II__ III__ Workshop Dates: _____

If a workshop is cancelled due to limited enrollment you will receive a full refund.

You may cancel 7 days prior to this workshop and receive a full refund. Canceling within 7 days of this workshop there is a \$30 processing fee. No refund once workshop has started. Please complete form and send it along with a check to Qi Dragon to the address below.

PAYMENT ENCLOSED \$ _____

Name: _____ Email Address: (Please Print) _____

Mailing Address: _____

Cell Phone# _____ Occupation: _____ License Number _____ N/A _____

What health conditions are you currently working on?

I understand that my personal information is truthful and is solely for this training center use only. The instructor is not responsible for the consequences of any practice or misuse of the information from the class. This class is not attempting to give me any medical diagnosis, treatment or advice. I am supposed to consult my physician regarding any of my medical concerns.

Signature: _____ Date: _____

Mail completed registration form with check to: Qi Dragon 275 20th Ave. SF, CA 94121