

**QIGONG SEVEN WEEK CLASS CURRICULUM**  
**STARTING OCTOBER 4<sup>TH</sup> TO NOVEMBER 15<sup>TH</sup> 2019**  
**Fridays at 6:00pm to 7:30pm**

**Week #1 (October 4<sup>th</sup>)**

1. Introduction to Qi & Body Awareness
  - Qi
  - Heaven Qi and Earth Qi
  - Five Energy Gates
  - Yin and Yang
  - Sensing Qi
  - Catching the Feeling of the Qi
  - Lead the Qi with the Mind
  - Mind & Body as One: Going Beyond Imagination
  - Allowing and Discovering Qi: Be Not in Pursuit
2. Basic Body Alignment
3. Threading the Nine Holed Pearls Practice
4. Opening the Joints & Limbs: Ten Qigong Practices

**Week #2 (October 11<sup>th</sup>)**

1. Nine Sensations of Qi
2. Activating Xia Dan Tien
3. Gathering Heaven & Earth; Compact it Down
4. Three Rules for Qigong
5. Wind Blows the Lotus Blossom
6. Clouds Pierce Through
7. Vitality Qigong
8. Two Hands Hold the Sky
9. Wood Fish Separates
10. Learned Qigong Practices

**Week #3 (October 18<sup>th</sup>)**

1. Learned Qigong Practices
2. The Three Adjustments
  - Adjusting the Posture & Body to Relax
  - Adjusting the Breath
  - Focusing the Mind

3. A. Fang Song Meditation Practice
- B. Cellular Regeneration Meditation
- C. Closing Form
4. Five Meditation Tips
5. Weeping Willow Quivers In The Breeze
6. Swimming like A Butterfly

**Week #4 (October 25<sup>th</sup>)**

1. 4 Tips to Improve Your Qigong
2. Two Hands Hold the Feet
3. Turning Earth & Sky
4. Painting the Fence
5. Shifting Left and Right /Waving Head And Tail
6. Learned Qigong Practices
7. Reverse Abdominal Breathing

**Week #5 (November 1st)**

1. Learned Qigong Practices
2. Waving Body Collecting Qi
3. Heaven and Earth Breathing Technique
4. Standing like A Tree
5. Five Organ Breathing

**Week #6 (November 8th)**

- Learned Qigong Practices
- Standing like A Tree Practice
- Harmony Qigong
- Strengthening the External Qi
- Awakening The Belt Route
- Five Point Breathing Meditation

**Week #7 (November 15th)**

- Standing Like A Tree Practice
- Wave Hands Like Clouds
- Circle and Kneel
- Small Circle Meditation Practice
- Concluding Message