

INSTITUTE OF TRADITIONAL MEDICINE

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**THERAPEUTIC  
QIGONG**  
CERTIFICATES

PRACTITIONER & THERAPIST TRAINING

**“Most people are so occupied by the external world that they don’t realize that there is a very rich world within themselves. In this stage, we relax, let go, and learn to appreciate that we have an internal universe.”**

**- EVA WONG**

# CERTIFICATES

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THERAPEUTIC QIGONG  
PRACTITIONER



ONE YEAR



PRE-REQUISITE:  
OPEN HEART, OPEN MIND



THERAPEUTIC QIGONG  
THERAPIST



ONE YEAR



PRE-REQUISITE:  
PRACTITIONER  
CERTIFICATE

# THERAPEUTIC QIGONG CERTIFICATES



Therapeutic Qigong is a form of Chinese Energetic Medicine, and is one of the four foundational schools of Traditional Chinese Medicine. Qi in this context is translated to mean "Life Force Energy" and Gong is translated to mean "Acquired Skill." Therapeutic Qigong therapy and prescriptions combine the use of breathwork with individual physical movements, creative visualization, perceptual intention and compassion.

The primary goal is to purge toxic emotions from within the body's tissues, eliminate energetic stagnation's, as well as strengthen and balance the internal organs, energetic fields and mental state. This training will concentrate on building a comprehensive foundation for Energetic Medicine with a focus on Therapeutic Qigong Therapy and Chinese Medicine theories. This is a two level certification course designed to teach the theory and practical application of Therapeutic Qigong Therapy to health care professionals as well as lay people. Emphasis will be placed on both the analytical/deductive and the intuitive approaches to comprehending and utilizing Therapeutic Qigong Therapy for cultivation, regulation and clinical application. The experiential aspect of the course is well balanced with a solid theoretical foundation.

# OVERVIEW

of therapeutic qigong training



Our focus for the Therapeutic Qigong Training certificates is to re-aquaint the individual, first, to one's own ability to sense, feel, assess what is taking place in the body and mind, and to recognize one's innate ability to create harmony and balance in one's body, mind, and life, while bringing the awareness that one is not separate from the great mystery, cycles, web of life, but rather, deeply belonging to it.

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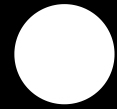
The next focus of the training is to provide students with the tools to then facilitate this healing journey within the lives of their clients/communities.



**FOCUS**

# PRACTITIONER CERTIFICATE

200 HOURS



The Practitioner certificate can be completed in one year. Weekly group (virtual online classes), plus additional personal practice, readings/homework, case studies, final written and practical evaluations are required at the end of each session/term. There are 3 sessions/terms a year.

During this certificate students are introduced to the foundations of Eastern medicine, practical movement exercises for self-cultivation, personal healing and wellbeing of body and mind. As the program progresses, students are introduced to techniques for working with others using energy tonification, purging, regulation and cultivation of energy and the associated protocols.

# THERAPIST CERTIFICATE



**225 HOURS**



The Therapist certificate can be completed in one year. The completion of the practitioner certificate is a requirement for entry into the Therapist certificate. Weekly group (virtual online classes), plus additional personal practice, readings/homework, case studies, final written and practical evaluations are required at the end of each session/term. There are 3 sessions/terms a year.

During this certificate students deepen their understanding and application of Eastern medicine, and are introduced to further skills of assessment, treatment and advanced protocols for working with a variety of health conditions.



# THEMES

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SOUND THERAPY



QIGONG EXERCISES



ORGAN SYSTEM  
PROTOCOLS



ELEMENTAL THERAPY



CHANNEL & POINT  
THEORY & APPLICATION



INNER ANATOMY

# THEMES

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QI PROTOCOLS



QIGONG BREATHWORK



ASSESSMENT SKILLS



ENERGY  
SENSING/MAPPING



MEDITATION



THERAPEUTIC  
RELATIONSHIP SKILLS

# PROGRAM REQUIREMENTS



## **Weekly Classes (48 hours each year)**

Attend weekly classes each term (online in virtual classroom)

Currently held on Tuesday Evenings, 7-9pm.

First hour is dedicated to movement exercises, and 2nd hour to additional theory and case study review.

Winter Term: **February 2-March 23**

Spring Term: **April 6-May 25**

Summer Term: **June 1-July 20, 2021**

(2022 dates TDA)

### **Personal Practice (48 hours)**

Students are required to log an additional 1 hour per week of personal practice.

### **Reading & Homework Preparation (50 hours)**

Required Book Readings: 20 Hours

Required Manual Readings/Homework: 30 Hours

### **Review of Class Recordings (12 hours)**

Students will be required to review class recordings to deepen their understanding of the forms, techniques and theory taught during class. There are additional videos apart from class to review as well.

### **Evaluation of Form (4 hours \*includes preparation time)**

At the end of the year, during the final term, students will demonstrate online/video their final form/techniques.

### **Exam/Quizzes (18 hours)**

Students will complete simple quizzes at the end of each term to assess knowledge retention and to ensure all readings/homework are complete.

### **Case Studies (20 hours)**

Students will be guided in completing case studies - the application of the theory and practical components with clients.

**\*Year II: Includes additional 10 case studies, plus teaching one Self-Care Class.**

**TWO YEAR THERAPEUTIC QIGONG THERAPIS**

**CERTIFICATE:**

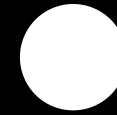
\$1800

**ONE YEAR THERAPEUTIC QIGONG CERTIFICATE:**

\$950

**PAYMENT PLAN AVAILABLE: PAYMENT PER**

**TERM: \$330**



**REFUNDS:** PLEASE NOTE THERE ARE NO REFUNDS ON INDIVIDUAL TERMS. IF YOU REGISTER AND PAY FOR AN ENTIRE YEAR/2 YEARS, YOU WILL BE REFUNDED FOR ONLY THE TERMS YOU DID NOT BEGIN AS YET, IF 30 DAYS BEFORE THE NEXT TERM BEGINS. ANY TERMS ATTENDED WILL BE CHARGED AT REGULAR TERM RATE.

**TUITION**

**In the Western world, we seek the answers to life with our rational minds, using science and technology to gather information and to adapt the environment so that it suits us. The other creatures of the world are at one with nature.**

**Instead of seeking to adapt the universe to suit them, they live in harmony with their surroundings.**

- JOHN LASH