

INSTITUTE OF TRADITIONAL MEDICINE



**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



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 The program aims to assist students in developing and maintaining a daily wellness practice that includes gentle, effective movements, breathwork, meditation

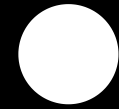
The next focus of the training is to provide students with the tools to then facilitate this healing journey within the lives of their clients/communities.



FOCUS

PRACTITIONER CERTIFICATE

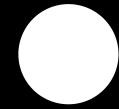
200 HOURS



The Practitioner certificate can be completed in one year. Each level includes pre-recorded qigong classes and teachings, plus additional required personal practice, readings/assignments, case studies, final written and practical evaluations are required at the end of each session/term. There are 3 sessions/terms a year. In addition to the pre-recorded online materials students currently enrolled can access any virtual live classes offered throughout the term.

During this certificate you 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, you will learn 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. The program includes pre-recorded classes and lectures, plus additional required personal practice, readings/assignments, case studies, final written and practical evaluations are required at the end of each session/term. There are 3 sessions/terms a year. In addition to the pre-recorded online materials students currently enrolled can access any virtual live classes offered throughout the term.

During this certificate you will deepen your understanding and application of Eastern medicine, and further develop your skills of assessment, practice and advanced protocols for working with a variety of health conditions.

THEMES



SOUND THERAPY



QIGONG EXERCISES



ORGAN SYSTEM
PROTOCOLS



ELEMENTAL THERAPY



CHANNEL & POINT
THEORY & APPLICATION



INNER ANATOMY

THEMES



QI PROTOCOLS



QIGONG BREATHWORK



ASSESSMENT SKILLS



ENERGY
SENSING/MAPPING

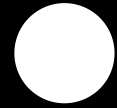


MEDITATION



THERAPEUTIC
RELATIONSHIP SKILLS

PROGRAM REQUIREMENTS



Online Pre-recorded practice classes (24+ hours each year)

Each session/term includes pre-recorded classes that are dedicated to movement exercises, and additional theory and case study review.

Bonus: You are welcome to can attend weekly classes each term (online in virtual classroom) when available, while currently enrolled in a term/session.

*See Website for Current Dates

You can join at any time, in any session/term.

Qigong Form Classes (24+ hours/year)

You are required to view and practice alongside all pre-recorded classes to deepen your understanding and ability to do the forms, techniques

Personal Practice (24+ hours/year)

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

Lectures on Theory/Application (50+ hours/year)

You are required to view all pre-recorded lectures to deepen your understanding and ability to do apply the theories and concepts of Eastern Medicine and Therapeutic Qigong.

Reading & Assignment Preparation (60 hours/year)

Required Book Readings: 30 Hours

Required Manual Readings/Assignments: 30 Hours

Evaluation of Form (10 hours/year *includes preparation time)

At the end of each session/term, you are required to demonstrate (via video submission) your final form/techniques.

Exam/Quizzes (12 hour *includes preparation time/review all materials)

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.**

TWO YEAR THERAPEUTIC QIGONG THERAPIS

CERTIFICATE:

\$1800

ONE YEAR THERAPEUTIC QIGONG CERTIFICATE:

\$950

PAYMENT PLAN AVAILABLE: PAYMENT PER

TERM: \$330



TUITION

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.

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