



Course Outline For Qigong Demystified



Week 1:

Go over class structure

Welcome! Who am I? Who are you? Why are we here?

Collect, Connect, Direct

Introduction to the core principles of Qigong (posture, coordinated breath, focused intention)

Practice full Insight Qigong set

Reflection time - What would you like to get out of this class?

Week 2:

Explore Yin and Yang energies

Learn a few of the 18 rules of posture

Practice Natural Breathing

Learn the 1st movement of the IQ set in detail (Luminous Heart)

Practice full IQ set

Reflection time

Week 3:

Posture and Breath practice

Introduction to the 12 Primary Channels of the body

Go over organ functions of the body as it relates to our IQ set

Learn 2nd movement of the IQ set in detail (Clear Rivers)

Practice full IQ set

Reflection time

Week 4:

Explore Weiqi fields

What are Congenital vs. Acquired emotions?

How to self-diagnose basic health issues using the knowledge acquire so far

Learn 3rd movement of the IQ set in detail (Sun & Moon Revolve)

Practice full IQ set

Reflection time

Week 5:

Learn more detail about the 18 rules of posture

Revisit breath practice

Use what we've learned so far to practice setting healthy energetic boundaries

Learn the 4th movement of the IQ set in detail. (Calm the Green Dragon)

Practice full IQ set

Reflection time

Week 6:

Learn more detail about the 18 rules of posture
Discuss the health benefits of non-attachment
Learn the 5th movement in the IQ set in detail (Tranquil Clouds)
Practice the full IQ set
Reflection time

Week 7:

Learn more detail about the 18 rules of posture
What is the Taiji Pole?
Revisit what we've learned so far
Learn the 6th movement in the IQ set in detail (Turning the Earth)
Practice the full IQ set
Reflection time

Week 8:

What is Tensegrity? How do we implement it in our practice?
What are the three treasures of man?
Learn the 7th movement of the IQ set in detail (Illuminate the 3 Treasures)
Practice the full IQ set
Reflection time

Week 9:

What are the Conception vessel and Governing vessel?
How do they relate to the Fire and Water cycles of the body?
Learn the 8th movement of the IQ set in detail (Heaven and Earth Align)
Practice the full IQ set
Reflection time

