

Foundations of Zhineng Qigong

Theory/Information

1. What is qi
2. Energy gates, energy centers, 3 dantiens and 9 chakras
3. General anatomy of 5 organs and body
4. HYL T Mantra & history
5. Hun Yuan Entirety Theory
6. Benefits of all practices
7. Qi reactions
8. How healing occurs with qigong
9. Brief history of qigong

Combining qi and intention

Presence, why do we want to be present?

5 branches of TCM

ZQG and Dr. Pang

LQUPQD

Master Liu and Jane

Practices

1. OTQF & the 8 verses
2. La Qi
3. Yang Qi & Advanced Mudra
4. Breathing Exercises and Head Massage
5. LQUPQD (repetitions & 4 levels)
6. #1, 5, 6 and 10 of BMM
7. 3 Center Merge (lao gong, bai hui, LDT or lao gong, bubbling spring, LDT)
8. FECM
9. Circle Walking
10. Wall Squats
11. Chen Qi
12. 3 Dantian Meditation (always end with LDT)
13. Nine Chakra Meditation
14. Spontaneous qigong'
15. Standing qigong
16. Body Mind Method