**Advanced Chinese Medicine**

Continuing Education Unit Course (8 CEU Hours)

Instructor: Jennifer Wen Mei Liu

Times: Fridays and Saturdays from 8:30 am – 4:30 pm

Min/Max Enrollment per Session: 3 – 5 people. **Must find personal groups.**

Pricing

$250 per Person (Including Lunch)

Group Discounts: 3+ People: $15 per person

Licensing

National Certification Board for Therapeutic Message and Body Work (NCBTMB)

*Approved Provider Number: 451071-09*

\*Specialize for Recertifying Message License Therapist and all those who seek to improve general health.

Course Description: Hands-On Study

1. Qigong 1: 通元即濟功 (Tong Yuan Ji Ji Gong). The Qigong of Invigorating the Kidney and Adjusting the Qi (vital energy) an important branch of Chinese traditional Medical School Qigong, has a long history. Having been tested in practice and by time, the Qigong exercise proves itself to have the functions of curing diseases, strengthening health, improving intelligence, exploiting potential energy and prolonging life. The Qigong exercise is easy to learn and its theory is profound but its method are simple. The Qigong will not cause mental disorder. Instead, the practitioner will get immediate good results from it. Thus everyone can practice it.
2. Qigong 2: 洞天壽寶功 (Dong Tian Shou Bao Gong). This Qigong exercise is secretly kept method of medical circles and it has never been put down in written records. It has only passed down from master to disciples orally. Many doctors of traditional Chinese medicine of older generations have been benefited from it. This Qigong exercise has been popularized during recent years and it is proven that it can exploit the potential energy of the body, cure chronic diseases, and delay the process of again.
3. Qigong 3: 幹坤合一功 (Qian Kun He Yi Gong). The Qigong for Heaven-Earth Unity is from chronic disease and weak constitutions. This Qigong also helps with weight loss and toning the body. Furthermore, it can help develop wisdom and stimulate the potential of the human body. Through Heaven-Hearth Unity, the practitioner connects heaven with earth.
4. Medical School of Chinese Movement for Healing: This is geared to enhance energy flow. We will learn to access individual energy movements and feel group energy in terms that is descriptive and distinct. Exercises, such as the Qi Dance and Hands Movements Sequence, will be taught.
5. The Five Elements of the Universe: An in-depth look at identifying the 5 elements that constitute the energy of the universe. Each are important to maintaining physical, spiritual, and emotional health. These will be explored through the use of dieting according to seasons and the environment. (You will eat lunch)
6. Meridian Mapping: The study of locating and utilizing the 50 most effective acupressure points throughout the body. These will relieve pain, stress, and tensions within the body and increase the immune system through the body’s natural response to stimulation. In addition to a comprehensive training of acupressure points, we will apply these concepts to real-life situations in the home, family, and on the individual.
7. Application in Scrapping and Cupping: This is tailored to your individual needs. Whether you have pain in your back, neck, legs, arms, etc., there is a sequence you will learn to maintain good health through the ancient Chinese art of Scrapping and Cupping. It is based on a Qigong methodology. It will include Chinese Message (推拿) [Tui Na], for recovery after Scrapping and Cupping.

Supplies (Optional)

* Qigong CD (Course Accompaniment): $20
* 16 Cupping Set: $60