

SOARING CRANE QIGONG LEVEL II WORKSHOP



WITH

Teri Applegate, MAcOM, LAc
Soaring Crane Qigong Lineage Holder

JANUARY 15TH & 16TH, 2011
Saturday 1:00-6:00 PM & Sunday 9-5:00 PM

The practice of Soaring Crane Qigong* requires focusing the mind in order to direct the qi, for “where the mind goes, the qi flows”. In this two-day workshop, practitioners will deepen their practice in the Five Routines as movements are refined and the ability to calm the mind is improved.

Regarded as the highlight of the Soaring Crane Qigong system, instruction in the Standing Meditation is of primary importance in this workshop. A key component of this level of practice, the relaxed spontaneous movements of the Standing Meditation offer a unique cleansing and opening of one’s meridians. The Sitting Meditation, a special offering for practitioners of Soaring Crane Qigong, is also taught.

In addition, two Remedy Routines will provide students a means to adjust their qi. One routine is for bringing qi down from the head, and the second to focus on collecting qi into *Tian-mu*.

Pre-requisites for this Level II workshop are that participants have completed Level I training with a certified Level I instructor, and have since practiced the Five Routines of Soaring Crane Qigong for at least 50 hours following instruction.

*(*Soaring Crane Qigong is contraindicated for those diagnosed with psychological disorders, such as schizophrenia, bipolar, or borderline personality.)*

Location: Penticton Senior Center
2965 South Main Street
Penticton, B.C. V2A 5J7

Tuition: \$170 (includes Level II Book)
\$85 Deposit due by 1/5/2011; \$85 due at workshop 1/15/2011

(Level I Book (\$25) & Practice CD (\$15) will also be available for purchase)

Send Registration & Cheque Made to: Natalie Berman Biggs
S 30 H, C6 RR1
Kaleden, BC V0H 1K0
250-497-5040

Pre-registration required. Full refund only with 72 hours advance notification.

For information, email Teri Applegate: qigongclasses@aol.com or phone (206) 778-9907

SOARING CRANE QIGONG
LEVEL II WORKSHOP
JANUARY 15TH & 16TH, 2011
Saturday & Sunday 9-4:30 PM

Name: _____

Address: _____

City/Province/Zip: _____

Email: _____ Phone: _____

Name of Certified Level I Instructor: Teri Applegate

Approximate date of instruction: _____

Health Concerns: _____

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\$85 Deposit due 1/5/2011; \$85 due at workshop 1/15/2011
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We look forward to having you in class.