

SOARING CRANE QIGONG

LEVEL I WORKSHOP



Photo by T. Applegate

with
TERI APPLGATE, MACOM
Soaring Crane Qigong Lineage Holder & Licensed Acupuncturist

MAY 22ND & 23RD, 2010
Saturday 1:00-6:15 PM & Sunday 9-5:00 PM

In this two-day workshop, participants will learn the Five Routines, two Remedy Routines for cleansing and healing, and a restful lying down qigong mediation. The Five Routines are considered the foundation of Soaring Crane Qigong, and consist of five dynamic forms that imitate the nature and movements of the crane. The red-crowned crane has been highly regarded in Chinese lore as a symbol of longevity. It is revered for its elegant movements, and its calm, peaceful demeanor.

The Five Routines embody the essential techniques of Chinese Soaring Crane Qigong which open acupoints, clear meridians, and develop the power of the mind to guide the qi. Given techniques to quiet and calm the mind, one is better able to deal with the challenges of our present life situations.

Remedy Routines to be offered are Liver Cleansing, which clears diseased qi from the body through the Liver channel, and the Tonification Stance for building qi. Participants will enjoy a qigong nap with a lying down qigong meditation that benefits overall health.

With over 30 million practicing world-wide, it is a powerful medical qigong system which can be modified for people with physical challenges and for those living with chronic illness. (*However, Soaring Crane Qigong is contraindicated for those diagnosed with psychological disorders such as schizophrenia, bipolar, or borderline personality.*)

Location: Feminist Karate Union, International District
1426 S. Jackson, Seattle, WA 98144

Tuition: \$200 (includes book & practice CD), if postmarked by 5/11/10
\$225 (includes book & practice CD) after 5/11/10

Pre-registration Required.

For information about the workshop or for registration form,
visit www.soaringcraneqigong.org or phone 206-778-9907

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NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____ PHONE: _____

PRIOR QIGONG EXPERIENCE: _____

HEALTH CONCERNS: _____

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\$225 (includes book & CD) after 5/11/10

Pre-registration Required. Full refunds only given with 48 hour advance notice of cancellation.

Send Registration & Check to: Teri Applegate
PO Box 33742
Seattle, WA 98133

For information, visit www.soaringcraneqigong.org , or phone (206) 778-9907

During the week prior to the workshop, you will receive a confirmation email with guidelines & directions to the dojo. Thank you, I look forward to having you in class.