

# SOARING CRANE QIGONG

## Level II workshop



**JANUARY 16<sup>th</sup> & 17<sup>th</sup>, 2010**  
**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:** Feminist Karate Union, International District  
1426 S. Jackson, Seattle, WA 98144

**Tuition:** \$185 (includes Level II Book) if postmarked by 1/9/2010  
\$210 (includes Level II Book) if after 1/9/2010

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

**Send registration & check to:** Teri Applegate  
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