

Qi -Gong Instructors Certification Training Offered by Vero Beach Qi-Gong Society

Help others learn to heal themselves.

For those seeking to learn, train and teach the Qi-Gong arts and other energy body/mind exercises, the Vero Beach Qi-Gong Society offers an instructors' certification-training course.

(772)453-6449 for additional details

Course Overview

Class size limited to twelve (12) participants and early registration is encouraged.

The Level I Certification includes ten (10) hours student teaching, sixteen (16) hours home study in addition to the mandatory reading/video list. The total required time investment for the course is sixty hours (60) which is the nationally recognized minimum. This course is a Level 1 Teacher Training designed to certify you to teach a general population Qi-Gong. This course meets the requirements for certification with the National Qi-Gong association.

Instruction includes:

- 1) Basic Chinese medical theory, nutrition healing, eating and practice
- 2) Meditations/ mental exercises with visualizations.
- 3) Daoist 5 Yin Organs Qi-Gong systems
- 4) Daoist 5 Yang Organs Qi-Gong systems
- 5) 12 Silk Weaving Qi-Gong System
- 6) Vibratory Qi-Gong for Lymphatic system stimulation
- 7) 3 Levels and 3 Basic Types of Breathing Skills.

The course covers diverse and basic styles of the Qi-Gong arts and contra-indications. Body/mind exercises from other parts of the world for self-healing, stress management, fat burning, and peak performance will also be introduced.

At least four styles of Qi-Gong and the principles governing them are explained and taught for the practitioner to gain an understanding of the principles of Traditional Chinese Medicine energetic therapy. These practices have been known to effect on the body's eight systems: skeletal, muscular, respiratory, immune, digestive, cardio-vascular, nervous, and glandular. The student is trained and taught to apply these techniques in teaching general wellness classes. These arts empower you to live a full, happy, and healthy life and to learn to teach them. This course utilizes many of the ancient health modalities linked with new scientific information. Students will be able to teach in an informative way and demystify the esoteric aspects of these disciplines. They can present to the western public from a background of sound scientific data. After this course the practitioner is encouraged to continue their study, learn, train. Additional studies will enable student to teach the energy arts from around the world and bring information, clarity and health enhancing techniques to those that seek him or her out.

Course Syllabus

Week 1-3 History, Philosophy and Techniques:

- Modern history of Qi-Gong
- Types of Qi-Gong
- Styles of Qi-Gong
- Differences between T'ai Chi Chuan and Qi-Gong
- 1 – 4 meditations
- Introduction to 12 Silkweaving or Ba Duan Gin or 8 pieces of the brocade
- Toxic emotions and related organs

Week 4-5-6

- Review of previous weeks' work
- 1 – 6 meditations and the divine hook up.
- Presentation of the 5 yin 5 yang organs therapy
- Sharing of student emotional sensations and possible side effects
- Practice the instructor series.
- 12 Silkweaving or Ba Duan Gin or 8 pieces of the brocade
- Daoist 5 Yin organ exercises
- Daoist 5 Yang organ exercises
- 36 to 1 Count down breathing exercises.

Week 7-8:

- Review Of previous weeks' work
- 1 – 10 meditations
- 8 actions of the Golden Ball exercise
- 12 Silkweaving or Ba Duan Gin or 8 pieces of the brocade
- Sun/ moon hands meditation