



## Introduction to Medical Qigong Therapy (Semester Level B)

### 3-hours Lecture and Application (per week)

In Semester A, you gained a basic understanding of Qi, Five Element Theory, Yin and Yang, as well as how the inside and outside worlds affect your health and your life. In Semester B, we will take your understanding to a deeper level of self-healing as well as introduce you to assisting others in their healing process.

In Semester A, you learned to build your energetic foundation and began dealing with past hurts. The exercises in Semester B are intended to break open your reality and question further what you know so that you can begin expanding your awareness and your abilities. Although the focus in this class is for individuals who would like to heal others, the same principals can be used for deepening your own practice with great benefits. The results of this course can be very profound and often are life-changing.

#### Goals for this class include: (Yi-Quan Postures)

- 1) Creating a protected healing environment (boundary awareness, 5-element healing, stages of recovery, masks)
- 2) Types of Meditation, 8 Touches, Stages of Enlightenment, hands-on Table Practice
- 3) Light and Color, Energy Ball manipulation, Pearl Meditation, hands-on Table Practice
- 4) Qi Projection Exercises, Reality Distortion, 8 Powers, hands-on Table Practice
- 5) Tangible and Intangible Meditation, Challenging Beliefs, Dantian wisdom, hands-on Table Practice
- 6) Body Mind Meditation, Qi Pushing and Pulling exercise, hands-on Table Practice
- 7) Soul Retrieval Meditation, hands-on Table Practice
- 8) Who Are You Meditation, Old Man and the Pearl exercise, hands-on Table Practice
- 9) Experiencing the Qi fields, hands-on Table Practice
- 10) Dry Crying, hands-on Table Practice (Qigong Clinic)

Outside of class you will be given practices and activities. These practices are not graded, but are strongly encouraged to help integrate this information into your life.

Classes run for 10 consecutive weeks (3 hours/session). Prerequisite: Introduction to Medical Qigong Therapy (Semester A) must be completed successfully before enrolling in this class.

Instructor: Dr. Robert W. Haberkorn, DC, MMQ, Founder of Center of Motion where he has been teaching Qigong locally for the past seven years.

For more information on classes and enrollment please call the Center of Motion at 760-773-4433 or by email to [info@centerofmotion.org](mailto:info@centerofmotion.org).