



Introduction to Medical Qigong Therapy (Semester Level A)

3-hours Lecture and Application (per week)

This first course is designed to introduce the student to the basic theories of energy cultivation, as well as strengthening the body's protective energy field (Wei Qi) and the techniques used to avoid absorbing Toxic Qi while in the clinic. Other topics covered in this introduction course will include the Three Dao Yin Regulations of Chinese Medical Qigong Therapy (Respiration, Posture and Mental training), as well as the Tonification, Purgation and Regulation of the body's internal organs and Twelve Primary and Eight Extraordinary Channels, Emotional Detoxification, Healing Sound Therapy, and Energizing the body's Three Dantians.

Students will be trained in various methods of meditation and tissue manipulation which serve to stimulate energy flow in the body's energetic channels (pathways), help regulate nerve function, strengthen the body's immune system, and promote the circulation of Blood and Qi.

This first course will concentrate on building a comprehensive foundation of energetic medicine with a focus on clinical Qigong therapy and Traditional Chinese Medicine. Emphasis will be placed on the practical clinical applications of Chinese Medical Qigong Therapy.

This is an introductory course for beginners; there are no prerequisites for this instruction.

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.