

Qi Gong Class, Workshop and Seminar Schedule March through June 2011

Sick and Tired of Being Sick and Tired: Qi Gong and Chinese Medicine

Come learn movements that help energy flow through your body and facilitate self healing. Find out what your body is telling you when your energy is spent. See how your organ systems are connected and why you might feel nauseous and/or anxious when you have a headache. Get your MBA basics of Qi Gong in this class: Movement, Breathing and Awareness. No prior experience needed. This course is a prerequisite for the Beginning Qi Gong Healers weekly class.

8 week program, 75 min. per week

Tuesdays 9:30 - 10:45 am

March 22 - May 17 no class April 12.

Tuesdays 6:00 - 7:15 pm

March 22 - May 17 no class April 12

Tuition \$140

In Tune With Your Healing Intuition: Beginning Qi Gong Healers Class

A natural progression on your journey of self healing and awareness, especially if you are interested in helping others. The information in this class compliments massage, Reiki, psychotherapy, nursing, and all other healing fields and will enhance your healing abilities. Learn how to apply Chinese Medicine theory for healing yourself and others. Develop your sensitivity to energy (qi) and your ability to direct it. This course is primarily hands-on, working with a partner; the 5 element theory is used as a supporting framework. The **prerequisite** for this course is the Qi Gong and Chinese Medicine Class. The text book for the class will be *Between Heaven and Earth: A Guide to Chinese Medicine*, by Harriet Beinfield and Efreim Korngold.

5 week program, 2 hours per week

Tuesdays 9:30 - 11:30 am

May 31 - June 28

Tuesdays 6:00 - 8:00 pm

May 31 - June 28

Tuition \$200

QUIET! Can't You See I'm Trying to Meditate?

The benefits of meditation to your well being are being touted everywhere, even by mainstream Western medical practitioners. It can help to reduce stress, lower blood pressure and enhance your ability to cope with change. Despite this knowledge, most of us don't do it, and those who try often experience difficulties meditating. In this class we'll discuss pitfalls and distractions and how to overcome them. We will discuss being present and the nature of enlightenment while cultivating our energy to very high levels using guided visualizations, toning, and free form or "spontaneous" Qi Gong. No prior experience needed.

8 week program, one hour per week

Wednesdays 9:30 - 10:30 am

March 23 - May 18 no class April 13

Wednesdays 5:00 - 6:00 pm

March 23 - May 18 no class April 13

Tuition \$120

It's Spring, Why Do I Feel Like !XX%!? Qi Gong for Wellness and Pain Relief

The only constant is change and yet we often struggle with the changes we regularly face. As the seasons change, so does our energy and the potential to be out of sorts. Have you ever noticed that every spring your allergies start up, or that in the fall you get bronchitis? In this class we will study in depth the Four Seasons Qi Gong set which helps the body adjust to the changing seasons as well as clears out energy blockages in specific organ systems. This set has been practiced for hundreds of years to promote wellness and relieve pain. We will also practice two deep meditations to store and circulate your energy so that when change occurs, you will better be able to cope! No prior experience needed.

8 week program, one hour per week

Fridays 9:30 - 10:30

April 22 - June 17 no class May 20

Tuition \$120

*Individual consultations and healing sessions available by appointment.
For more information call 585-281-2002 www.qigongfrisco.com*

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Energetics of Food

Changing our eating habits is one of the most difficult things to do. We often set ourselves up for failure by trying to change too much too fast. Often our problems with food are not the food, but what we think about the food. In this class will focus on the joy of food, and mindful eating. Food is not just made up of nutritional components, grams of fat, protein and carbohydrates. Each food has its own energy makeup which causes specific energetic actions in the body. In this class we will look at the thermal nature of foods, which can be used to balance the body's internal temperature and help us attune to the seasons. We'll also look at the five flavors of food and their particular actions on the body. Learn how to apply these and cultivate your energy to promote self-healing.

8 week program, one hour per week

Tuesdays 11 - 12

March 22 - May 17 no class April 12

Tuesdays 7:30 - 8:30 pm

March 22 - May 17 no class April 12

Tuition \$120

Eating for Healing

There is no single diet or way of eating that is perfect for all of us. In this class we focus on particular health issues and discuss specific diet changes that will help correct them. Prior to class you will fill out a questionnaire which will enable us to focus on and address your particular issues. By the end of the day, you will have a greater understanding of your condition and how you can promote self healing through nutrition, meditation, and gentle movements.

One day workshop

Saturday 9 - 5

May 28

Tuition \$120

Radiant Lotus Qi Gong for Women This empowering Qi Gong practice allows for women to rediscover themselves and find their voices. Regular practice of RLQ can balance hormones (adrenal, thyroid), reduce or alleviate mood swings, ease you through menopause, shrink breast and uterine lumps, improve skin tone and complexion and increase grace, strength and good humor!

4 week program, 90 minutes per week

Wednesdays 6 - 7:30

April 20 - May 11 or May 25 - June 15

Tuesdays 1 - 2:30 pm

May 31 - June 21

or learn it all in a one day workshop with lunch included!

Saturdays 10 - 4

March 26, April 23, May 14, or June 18

Tuition \$100

Beginning Qi Gong Healers Weekend Seminar

This two day weekend seminar combines two classes: Qi Gong and Chinese Medicine and Beginning Qi Gong Healers! Increase your sensitivity to energy. Learn how to apply Chinese Medicine theory for healing yourself and others. Consolidated for those who want to learn and put it into practice immediately - the information in this seminar is a great compliment to those who practice massage, Reiki, psychotherapy, nursing, and all other healing fields. Specifically, we will learn Qi Healer techniques such as scanning, pulling, combing, sending energy, and use of meridians and meridian points. This course is primarily hands-on; the five element theory is used as a supporting framework.

Two day Weekend Seminar

Saturday and Sunday 9 - 5

April 2 & 3, May 7 & 8, and June 4 & 5

Tuition \$275

***Individual consultations and healing sessions available by appointment.
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The goal of Qi Gong is for each person to learn how to sense their own energy flow and learn how to control it to promote healing and wellness. Whether you've been practicing energy work for years or have never experienced it before, the Qi Gong Institute of Summit County provides a **supportive and friendly environment** to explore deep healing.

Through the various seminars and classes offered **you will learn Qi Gong exercises, meditations and eating techniques** to maintain your health as well as address specific problems you might have. Qi Gong exercises remove blockages that interfere with your energy flow as well as promote energy circulation through your whole body.

But, how effective can exercises be if you don't know how they work or what they do for the body? Integrated into the seminars is a systematic explanation of the energy systems within the body and clear instruction on what the individual exercises accomplish. You will learn a complete system for determining which organ systems are energetically out of balance and what techniques will best correct them.

Sensitivity and awareness training is an essential component to analyzing energy flow. During the healing classes and seminars you will work with partners to find the energy blocks and remove them. You will practice sending energy into the specific acupuncture points associated with each imbalance and learn to sense the change within each person's energy flow. The increase in your own sensitivity to energy flow will amaze you and greatly improve your own personal ability to help yourself.



Work with partners to increase energy sensitivity, remove energy blockages, and send energy into others. Chriss Cowan is a certified Qi Gong Therapist and Instructor.

All scheduled events will be held at the Qi Gong Institute of Summit County, LLC
West Main Professional Building 101 West Main Street Suite 109 Frisco, CO 80443

**To register, or for more information, please contact Chriss Cowan at :
970-668-3316 or 585-281-2002 chrissqigong@gmail.com**



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