



# Qigong Instructor Certification - Level 1

## 100 Hour Course Outline

	Classroom Time	Self-Study Time
Definition and History of Qigong	1	1
Energetic A&P	1.5	2
5 Element Theory	1.5	2
Meridian Theory	1.5	1
Point location of major points	.5	1
3 components of qigong – posture, breath, intention	2	1
Setting up a qigong routine	2	2
Principles of structure	2	1.5
General Contraindications to qigong	1	1
Marketing/advertising	2*	1.5
Ethics	2*	1
Liability issues, insurance	1*	1
	18.00	0
Qigong Exercises	46	20
<b>Total Hours</b>	<b>64</b>	<b>36</b>

	Week 1	Week 2	Week 3	Week 4
<b>Saturday 9-12am</b>	Intro History Energy Body Principles of Structure	Review 8 Silk Brocade Correcting Posture Warm ups	Group Qigong Practice Correcting Posture Meditation	Group Qigong Practice 3 Components of Qigong Break Out Time
<b>Saturday 1-6pm</b>	3 Components of Qigong Demonstration of 8 Silk Brocade Opening Bear Falcon Monkey	Qi Scattering Exercises: Intro Counter swing Dropping post Trembling Horse Candle Tapping	Energetic Anatomy & Physiology 5 Element Theory One-on-One Training Break Out Time	Marketing/Advertising Case Studies & Presentations Ethics & Presentations Setting up a routine
<b>Sunday 9-12am</b>	Setting up a routine Review first 3 forms Principles of Structure Snake	Group Qigong Practice General contraindications & modifications Break Out Time	Group Qigong Practice General Contraindications & Modifications Meridian Theory	Group Qigong Practice Ethics Marketing/Advertising Case Studies & Presentations
<b>Sunday 1-6pm</b>	Dragon Phoenix Lion Unicorn Final Review	Group Qigong Practice Principles of Structure Cool Down Exercises Break Out Time	Point Location of Major Points Principles of Structure Break Out Time	Final Exam

\*Daily course content is subject to change order of presentation, however, the entire course content remains as described above.