

Discover the Healing Power of Qigong

Healthcare's cutting edge lies in developments between Eastern and Western medicine. **Doctors, Nurses and health-care providers around the world are turning to qigong** as complementary treatment for difficult cases and chronic diseases.

Dr. Oz has said

"If you want to live to be 100- do qigong"

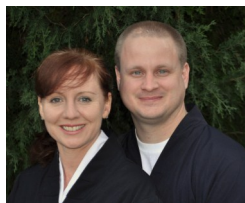
Hospitals, such as Stanford in California; cancer and rehab centers in Georgia and around the nation are prescribing qigong exercise. It's simple, it works and just about everybody can practice qigong.

Numerous studies have been sponsored by the National Institute for Health and National Center for Complementary and Alternative Medicine for the effectiveness of qigong and Taichi. With a resounding positive response, it is estimated that there are at least 18 million people in the US who have practiced qigong, and that number continues to increase!

Ever more people are turning to acupuncture and other complementary medicine modalities to provide total wellness options for patients. As the cost of healthcare continues to sky-rocket, preventive medicine is becoming increasingly important.



About the Instructors



Christina J Barea Young is an Advanced Qigong Instructor, Medical Qigong Therapist, and Daoist Priest. She serves on the Board of Directors of the National Qigong Association and Director of the Georgia Branch of the International Institute of Medical Qigong. She has lectured and taught qigong in a variety of venues across the US including private, corporate and conferences. A firm believer in the benefits of qigong she has published several articles and her first book on this subject, award-winning *Qigong Illustrated*. Her martial arts studies include Taichi & BaGuaZhang.

Peyton Young is an avid student of Eastern and Western philosophy, martial arts and spiritual practices. He is a certified Medical Qigong Practitioner (MQP), Advanced Qigong Instructor, Reiki Master and Certified Master Hypnotherapist. He has a B.S. Degree in Exercise Science and has helped countless people in physical rehabilitation. Peyton is a seasoned practitioner in several systems of martial arts including Aikido, Hapkido, ToShinDo, Taichi, XingYi and Bagua. Together, Christina and Peyton specialize in offering practical and effective methods for maximizing the human potential.

THE RISING LOTUS QIGONG

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Continuing Education for Nurses

Introduction to Medical Qigong [★]

"Care for Care-givers"- A five day mini-retreat, focusing on the energetics of self-healing. For nurses seeking balance between work and self-care.



**32 CNE
contact hours**

NEXT CLASS:

March 29 to April 2, 2012

or

April 26 to 30, 2012



The Rising Lotus Qigong

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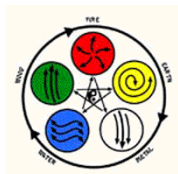
www.TheRisingLotus.com

What is Medical Qigong Therapy?

Medical QiGong is the branch of **Traditional Chinese Medicine (TCM)** that works with the energetic body. It is the predecessor of acupuncture and is based on over 3000 years of experience with healing the body, mind and spirit. **The power of qigong is the integration of body posture, conscious breathing patterns and mental visualizations.** Together they provide a powerful balance in a persons physical fitness and emotional, psychological and spiritual harmony.

Medical QiGong follows the theories of Yin and Yang, the Energy Channels (like in Acupuncture) and the 5 Element cycle. **It strengthens and regulates internal organs, nervous system and immune system, relieves pain, regulates hormones, and strengthens and releases deep-seated emotions and stress.**

Qi Gong exercises are gentle movements that combine slow moving postures, breath and intention. Many people define it as “meditation in movement”. It’s similar to Tai Chi however, QiGong has the advantage that it isolates individual exercises and **allows for tailoring a session to your particular needs or physical constitution.** It is a method of self-healing that has a profound effect on improving your health with minimal effort.



Core Curriculum

FIRE | EARTH | METAL | WATER | WOOD

- **Energetic Anatomy & Physiology including the 3 dantiens, the 3 wei qi fields and 12 meridians**
- **Energetic Embryology: 10 lunar months of creation**
- **5 Element Creative Cycle: Fire, Earth, Metal, Water, Wood**
- **Daoist 5 Qigong: Lungs, Spleen, Kidneys, Liver, Heart**
- **Introduction to Qi Projection**
- **Introduction to breathing methods**
- **Introduction to energetic purging, tonification and regulation**
- **Six Healing Sounds**
- **Meditations & Qigong Exercises for Emotional Detoxing**
- **Introduction to Meditations for Spiritual Enhancement**
- **3 main categories of Qigong**
- **Over 20 qigong exercises!**

***Activity #31063 “MQP1”** This continuing nursing education activity was approved by the **Georgia Nurses Association**, an accredited approver by the **American Nurses Credentialing Center’s Commission on Accreditation**

Why is this class important for nurses?

As a caretaker your energy is devoted to helping others in need. Your compassion and dedication serve as great inspiration for patients during their healing process, but it is equally essential to take care of you!

Introduction to Medical Qigong teaches everything you need to know to begin a simple yet effective practice that will improve and maintain your physical, emotional and mental well being. Students will also learn powerful meditations for energetic protection. It is an essential tool for anyone who dedicates their life to taking care of others.

What other students have said:

Christina is a brilliant and gifted teacher who graciously shares her vast knowledge and wisdom. Her unique approach to the art and science of qigong will long be of tremendous benefit to her students and the world at large. Christina is remarkable and we are very lucky to have her here in Atlanta.

I thought you did a fabulous job of presenting the material– it held my interest throughout the 5 days. You really helped to create a safe and joyful experience.

The teaching quality and materials surpassed my expectations!