

# Fundraiser for the Edmonton Chinese Garden (ECG) Project

\*All proceeds will be donated to ECG

## 2 Day Workshop Details:

July 25 & 26, 2015

Saturday & Sunday, 9:00am - 5:00pm

NOTE: Wear loose comfortable clothes. Pack a lunch or you are welcome to eat out.

## Venue:

ASSIST Community Services Centre (Downtown)  
9649-105A Avenue  
Edmonton, AB

## Parking

Building parking lot and street parking

**Cost** (No exceptions will be made regarding workshop fees!)

\$399\* per person and part-time students

\$299\* per full time student with valid student ID

(\*includes GST 5%)

Seating is limited!

Register early to avoid disappointment!

Registrants receive a complimentary copy of the Aung Medical Qi Gong book - 2nd Revised Edition

## Further Information:

College of Integrated Medicine

9904-106 Street

Edmonton, AB T5K 1C4

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email: draung@aung.com website: www.aung.com

My Dear Friends and Colleagues:

I would like to invite you to participate in this introductory Level 1 medical Qi Gong workshop for self-care and cultivation.

It is so vitally important for all of us to learn to take care of our own precious health - body, mind, and spirit. Qi Gong helps fulfill this vital functional role in our lives.

It is always worthwhile to cultivate the best of our total health, our vital energy, within the context of genuine compassion and appreciation of Mother Nature.

Your kind support for the Edmonton Chinese Garden project is highly appreciated.

Sincerely yours,



Dr. Steven KH Aung

Spiritual energy is the most vitally important energy which enhances the mind and empowers the body—it is also the central embodiment of our constant endeavor to purify and harmonize our human energy for the benefit of all sentient beings in order to attain the deepest samadhi.

Dr. Steven KH Aung



## Level 1 Curriculum:

- Kai Gong and Sho Gong
- Overview of Medical Qi Gong
- Concept of Qi
- TCM Meridian System

## Breathing Exercises:

- Basic Technique #1
- Basic Technique #2
- Basic Technique #3
- Basic Technique #4

Ren and Du Meridians

Inner Smile

## Concentration Exercises:

- Small Circle
- Big Circle
- Alternating Circles
- Figure-of-Eight

## Posture/Movement Exercises:

- Hugging the Tree
- Horseback Riding Position
- Piston Movement
- Laogong to Baihui
- Laogong to Qihai