

Certified Instructors Training Course Outline

This course is a 200 hour program that meets or exceeds the National Qigong Association requirements.

Certified Instructor Course of Study

Curriculum Comprehensive - 75 hours

The Instructor candidate must complete and document 75 hours of Zen Wellness Medical Qigong training. Upon completing the required hours the candidates log - book must be verified and signed by a certified Zen Wellness Instructor. Verification may take the form of attending a class at Zen Wellness Qigong center or home study with a physical review by a certified Zen Wellness Instructor.

The Mechanics of Mind and Body 101 - 75 hours

The Instructor candidate must complete the 50 hour reading assignment. (The books: The Zen Wellness Self-care Solution and Zen Wellness Chi Fit). The candidate must successfully complete a written exam before attending the 25 hours of classroom study taught by a certified Zen Wellness Instructor. Upon completing the required hours the candidate's log - book must be verified and signed by a certified Zen Wellness Instructor.

The Science of Teaching - 50 hours

The Instructor candidate must attend 25 hours of classroom study taught by a certified Zen Wellness Instructor. The Instructor candidate must complete 25 hours of assisting a class with a certified Zen Wellness Instructor. Upon completing the required hours the candidate's log - book must be verified and signed by a certified Zen Wellness Instructor.



Zen Wellness®
Medical Qigong
Certification
Level I



Course Syllabus
Zen Wellness 101

1. The Golden Chi Ball

- a. Yin-Yang theory
- b. Creating the brass basin
- c. Finding the three hearts
- d. Opening the small circuit
- e. Leading the golden chi ball

2. Zen Wellness Five Element Medical Qigong

- a. Five-element theory
- b. Using the Zen Wellness elemental healing sounds
- c. Zen Wellness five animal qigong
- d. Zen Wellness five elemental standing qigong
- e. The three treasures of the Tao. Jing-chi-shen

3. Zen Wellness Nine Gates Medical Qigong

- a. What are the nine gates?
- b. Introduction to the twelve meridians
- c. Three hearts and nine gates medical qigong. (muscle tendon changing)
- d. Three hearts and nine gates acute medical qigong. (sitting practice)
- e. Man, heaven and earth meridian breathing

4. Zen Wellness Eight Vessels Medical Qigong

- a. Introduction to the eight vessels
- b. Opening the eight vessels qigong
- c. Filling the eight vessels qigong
- d. Introduction to the eight trigrams
- e. The seven dimensions of consciousness

5. Zen Wellness Bone Marrow Nei Gong

- a. What is bone marrow nei gong?
- b. Iron shirt qigong
- c. Introduction to Ching Chi nei gong
- d. Bone marrow breathing nei gong
- e. Bone tapping nei gong