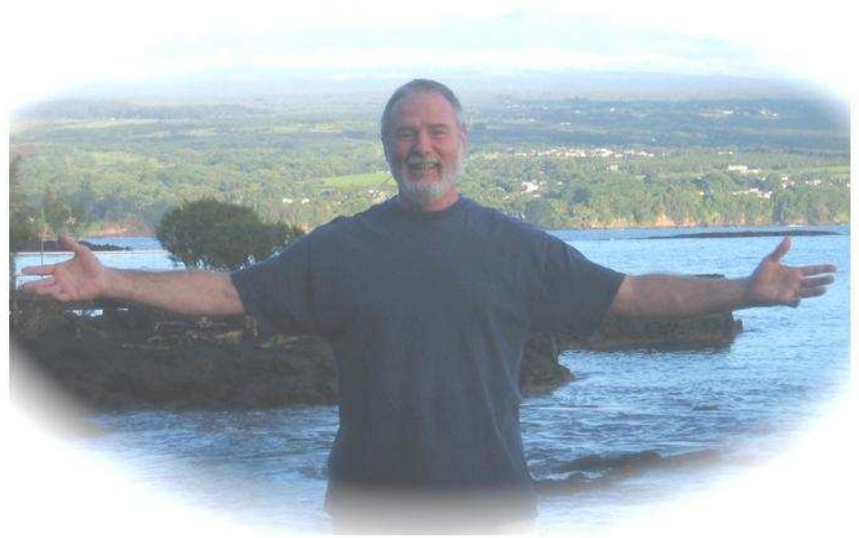


# Yi Quan Qi Gong



## **Workshop with John Cole, L.Ac.**

August 20 & 21, 2011 ~ 9:00 AM to 6:00 PM

535 Whitecliff Drive, Vallejo, CA

This is an intermediate course in Qi Gong. Students review the basic language of Qi Gong practice and move into a Qi Gong form to improve their Qi development. Individual Qi cultivation exercises are introduced with more advanced variations. This greater understanding of Qi Gong and the application of Qi (energy) for acupuncture and other healing arts may be applied in the clinical setting. Following this course the participant will be able to:

- Understand the principles of Qi cultivation.
- Identify and demonstrate Qi Cultivation exercises and practices.
- Apply the practice of Qi Cultivation to their Acupuncture practice or in their personal lives.
- Recognize the signs and benchmarks of improved Qi development
- Cultivate Qi either alone or in group practice.
- Attain life benefits through Qi development.

This seminar presents a series of exercises that are easy to practice alone or in a group. The course format is intended to build on each previously taught set of exercises. Step-by-step corrections are made and the student's skills improve throughout the weekend. Each student will leave the seminar with a Qi Gong system that they will be able to practice on their own to cultivate their Qi.

### **Workshop Fee: \$250.00 per person**

John A. Cole has been a practitioner and teacher of Qi Gong, Taiji Quan, and White Crane for more than 35 years. He is a licensed Acupuncturist in the State of California. In addition to his classes and seminars, John offers acupuncture, Qi therapy and herbal treatment to his patients.

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