

Medical Qigong Practitioner

The Curriculum of the International Institute of Medical Qigong
Texts by Prof. Jerry Alan Johnson, DMQ • Syllabi by Shifu Bernard Shannon, DMQ

P-1 Intro to Medical Qigong Theory

P1 Course Topics

- Chinese Energetic Medicine Knowledge and Scholarship • Over 25 Medical Qigong Forms Will Be Taught • Joining the Three Treasures of Heaven, Earth, and Humanity • Qigong for Purging, Tonifying, and Regulating • Breathwork • Healing Sounds • Standing and Sitting Meditation • Energetic Protection • Overcoming Resistance to Training • Unconditional Loving Kindness for Oneself • Analytical Understanding of the Exercises • How to Create a Daily Qigong Routine
- Texts, readings, and competencies • Please visit our website • Contact us •

P1 Schedules - Portland

Fall Class Begins Sat or Sun, Oct 12 or 13, Ends Before Thanksgiving - Weekends - Flexible Sched.	
Winter - Two Weekends	Dec 13, 14, 15, 21, 22
Day 1 - 9am-12:30pm, 2-5:30pm; Days 2-5 add Qigong at 8am We meet at my home workspace, 5112 E Burnside, 97215. Bring layers, lunch and snacks. Fee: \$800	
Register or contact me for more info at the phone or email below	
About Eric: http://qigong-clinic.com/aboutus.shtml	
Testimonials: http://qigong-clinic.com/testimonials.shtml	

Partial Scholarships - or - Bring a Friend for a 25% Discount
CEs - Oregon LMTs • Acupuncture - NCCAOM



Eric Shaffer, DMQ
Oregon Medical Qigong
Medical Qigong • Chinese Energetic Medicine
Therapeutic Conversation • Clinical Hypnosis
Complementary Medicine for the Whole Person
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