

Daoist Energetic Medicine

The Curriculum of the International Institute of Medical Qigong

Texts by Prof. Jerry Alan Johnson, DMQ

Syllabi by Shifu Bernard Shannon, DMQ

P-1 Introduction to Medical Qigong Theory

Feb 16 to Mar 16 - 5 Saturday Classes - Portland

P1 Course Topics

- Experiential Daoist 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 for info and to register

A 5 day, 32 hour comprehensive intensive MQP course
February 16, 23, March 2, 9, 16, 9am-12:30pm, 2-5:30pm,
8am Qigong Days 2-5, BYO lunch & snacks, Fee: \$800

Partial Scholarships for Enrolled Students
CEs - Oregon LMTs • Acupuncture - NCCAOM

“The way that [Eric] blends all of these disciplines together has helped me more deeply than any other therapy or healing practice. He is a compassionate, generous and insightful listener and teacher, but also guides our sessions in a way that requires me to take responsibility for my own healing process.” - S. Johnson

P1 will be taught again April 20 to May 18



Eric Shaffer, DMQ

Oregon Medical Qigong

Daoist Energetic Medicine and Medical Qigong

Mindfulness and Clinical Hypnosis

Complementary Medicine for the Whole Person

541-852-1628 • info@qigong-clinic.com • www.qigong-clinic.com

