

Qigong, Meditation, and Therapeutic Communication

This public class shares my favorite skills from course P1,
the first in our Daoist medicine professional training series.

Qigong

Energy training. Movement. Breath training.
Bring curiosity and focus to your body's life force energy.

Medical Qigong

The oldest of four schools of Chinese medicine.
The energetic skill of Qigong joined with Chinese medicine theory.
Providing expedient therapies for body, mind, emotions, Spirit, and energy.

Meditation

Mind training teaches presence, tolerance, acceptance, and letting go.
Is flexible. Explore sitting, standing, walking, and lying down.
Can ground, root, and stabilize the mind in its natural goodness.
Glimpse clarity, tenderness, and unconditional loving kindness for yourself.

Therapeutic Conversation

Ordinary conversation contains opportunities to choose change
and new learning that can reveal resiliency, strengths, and transformation.

Dip your toe - In the deep and delicious pond of energetic being, flowing energy,
and multilevel communication as taught in the MQP certification courses. Go home
with skills for daily use. **Portland** - Mondays, 4 pm, 4 classes per month, fee \$80.

Eugene - Thursdays, 2 classes per month, 2 month's fee \$80. Call to join either class.

Join our newsletter - <http://tinyurl.com/qigong-clinic> **CE's for Oregon LMTs.**

About the instructor - <http://qigong-clinic.com/aboutus>.



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

