

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

5 Days/32 hours • The 1st (MQP) Certificate course

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 Meditations •
- 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 Portland - Fall Dates

Five Sundays, To Be Chosen Soon by Consensus, Fee: \$700
9am-12:30pm, 2-5:30pm, 8am Qigong, Breaks, BYO Lunch

Partial Scholarships for Enrolled Students

**CEs: Oregon Massage Therapy
Acupuncture - NCCAOM**



Eric Shaffer, DMQ

Practitioner • Advanced Instructor
Daoist Energetic Medicine • Medical Qigong
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