



Qi Gong Training With John Cole

April 19 to April 26, 2013
Beautiful Mt. Bachelor Resort
Bend, Oregon

Set along the Deschutes River, Seventh Mountain Resort is a rustic Bend mountain getaway encircled by Mt. Bachelor peaks, lakes and meadows. With 300 days of sunshine and breathtaking mountain landscapes, the high desert country of Central Oregon is an idyllic playground for sports and adventure lovers. Just steps from the door are the finest skiing, hiking, fishing golf and river sports available. The vibrant nightlife and restaurants of Bend are also close by. On-site amenities include swimming pools, hot tubs, two restaurants, a mountain market, exercise facilities, and more. www.seventhmountain.com



Three beautiful mountain condominiums have been reserved for participants to share. Room assignments will be made based on student needs. Students can bring family members or guests who do not participate in the workshop. Portable massage tables needed. Please let John know if you can help.



Our Mount Bachelor Workshop will include Medical Qi Gong Therapy and Daily Qi Gong practice in the beautiful 7th Mountain Resort.

Daily Sunrise Qi Gong practice: 6:30 to 7:30 AM

Workshop Days & Hours:

Saturday & Sunday ~ Tuesday & Wednesday 9:00 am to 1:00 pm

Afternoons and Monday & Thursday are yours to enjoy the pristine countryside of Mount Bachelor and Central Oregon.

Always travel in groups and advise us where you are going and when you expect to return.

Acupuncture, massage and other healing arts are physical modalities. Qi is a energy modality. The therapist will enhance their practice by combining Qi with their healing art and adding these techniques to patient therapy.

Following the seminar, participants will be able to:

1. Understand the principles of Qi Gong Therapy.
2. Identify and demonstrate basic Qi cultivation exercises and practices.
3. Identify Qi based techniques to relieve discomfort and improve the health and well being of patients.
4. Apply and demonstrate each therapeutic technique using Qi.
5. Identify appropriate patient feedback for each technique.
6. Recognize different physical responses to therapy from the patient.

This course is highly experiential and provides hands-on learning and practice of many different techniques. First, I teach students to recognize, build and harness their own Qi. The practitioner is focused on using Qi with each particular technique. Next, I breakdown each technique introduced and explore its use on the entire body. By merging Qi with each technique, and thus influencing the patients Qi, the practitioner is able to enhance the therapy provided to their patients.

**Workshop & Accommodation Fee
\$600.00 per person
Accommodation only \$300.00**

**Pre-registration and 50% deposit
required by April 1st.
Space is limited so register early.**

**Email John Cole at
john@johncole.com to reserve
your space and register.
15 CA Acupuncture CEUs Pending**

