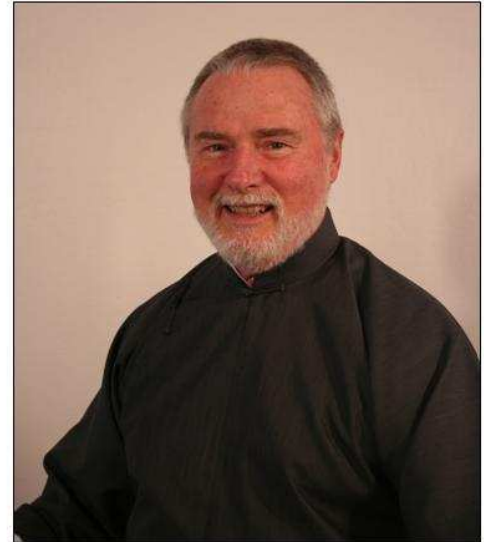


Qi Gong

Cultivating Real Qi



Workshop with John Cole, L.Ac.

May 3 & 4, 2014 ~ 9:00 AM to 6:00 PM

535 Whitecliff Drive, Vallejo, CA 94589

This is a foundation course in Qi Gong. Students are taught the basic vocabulary of Qi and learn practical exercises to recognize and develop their own Qi. The application of Qi energy for acupuncture and other healing arts is introduced.

Following this course participants will be able to:

1. Understand the principles of Qi cultivation.
2. Identify and demonstrate Qi cultivation exercises and practices.
3. Apply the practice of Qi cultivation to their acupuncture practice or in their personal lives.
4. Cultivate Qi either alone or in group practice.
5. Recognize the signs and benchmarks of improved Qi development.
6. Attain life benefits through Qi development.

This seminar presents a series of exercises that are easy to practice alone or in a group. The course format is intended to build on each previously taught set of exercises. Step-by-step corrections are made and the student's skills improve throughout the weekend. Each student will leave the seminar with a Qi Gong system that they will be able to practice on their own to **Cultivate Real Qi**.

Workshop Fee: \$250.00 per person

John A. Cole has been a practitioner and teacher of Qi Gong, Taiji Quan, and White Crane for more than 30 years. He is a licensed Acupuncturist in the State of California. In addition to his classes and seminars, John offer acupuncture, Qi therapy and herbal treatment to his patients.

web site: www.johncole.com

15 CEU Pending ~ California Acupuncture Board

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