

**This series of classes covers the introductory level of Zhineng Qigong:
the Eight Basic Exercises and Lift Qi Up Pour Qi Down method**

-----Session 1 -----

What is Qigong
Jing – Qi – Shen diagram
What is Qi?
Points: Baihui, Duqi, Mingmen, Weilu, Laogong
Lower Dantian
WALL SQUATS
Practice

-----Session 2 -----

Law of qi and human life - diagram
Jing – Qi – Shen diagram
Practice (squats, Lift Qi Up Pour Qi Down, pulling qi)
Pulling qi - photos, more on self healing

-----Session 3 -----

Physical preparation (posture):
– Baihui; eyes; mouth
Practice (squats, Lift Qi Up Pour Qi Down)

-----Session 4 -----

Physical preparation - continued:
– Chin and down
Practice (squats, Lift Qi Up Pour Qi Down)

-----Session 5 -----

Acupuncture points used in Lift Qi Up Pour Qi Down and their locations:
Huiyin, Yintang; Dabao; Yuzhen; Tanzhong; Yongquan; Dazhui; Shenzhu; Qihu
Features & Benefits of Lift Qi Up Pour Qi Down method of Zhineng Qigong (LQU)
Mind preparation (the 8 verses)
Practice (squats, LQU)

-----Session 6 -----

Revision of the points
LQU structure – 6 parts
Teaching the beginning of the method

-----Session 7 -----

Revision of the points
Squats, LQU till the place we stopped last time.
Continue teaching from part 1, push-pull to the sides

-----Session 8 -----

Squats, LQU till the place we stopped last time
Continue (finish) teaching from part 3
Five important things for a better practice

-----Session 9 -----

How can we improve our health from Qi perspective?

- Increase the quantity of Qi
- Remove the Qi blockages

Stretching Qi

Practice (squats, stretching qi, LQU)

-----Session 10 -----

Bow Body, Relax Dumai

Practice (squats, stretching qi, bow body, LQU, Dantian awareness)

-----Session 11 -----

Rotate hips, Curl Weilu.

Practice entire intro CD

-----Session 12 -----

Practise everything:

- Pour Qi Relaxation (teaching and practice)
- 4 Basic
- Pulling qi
- Mouth qigong (teaching and practice)
- Rubbing qi (teaching and practice)

-----Session 13 -----

Side effects & Healing reactions

Practise everything

-----Session 14 -----

Next levels

Practise everything

Theory

Retreats

Books on life cultivation