



Chi Kung – step-by-step Home Study Course

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Chi Kung – The Way of Energy as taught by Master in Chi Kung exercise, Lam Kam Chuen

In the early morning, before the hubbub of daily life, Chinese people of all ages begin the day by performing traditional exercises in the parks and woods wherever they live. You will see some doing rhythmic stretching movements - others are training in the martial arts. A common sight is Tai Chi Chuan, the exquisite slow exercise, one of the soft martial arts, that develops and relaxes the whole body. The first time that you see so many people, some in their eighties and others in their very early youth, all peacefully training together under the trees, is one of life's unforgettable moments.

But as you look more closely you may come across an even more remarkable sight. Among all these moving forms, here and there you will see some figures that rivet your attention. They are like the trees themselves. They are fully alive, but they are utterly still.

Qi Gong / Qi Gung / Qi Kung / Chi Kung....depending on which part of the world you are from, but it is all the same.

In this Course I want to teach you Qi Gong as taught by Master in Chi Kung exercise, Lam Kam Chuen. This Course will help you master the basic Zhan Zhuang system of Chi Kung internal energy exercise. The instructions are based on the experience of many masters and their students: if you follow them precisely you will be in safe hands.

You will learn:

- The basic concepts of Chi
- Human Energy System and Energy blockages
- The meaning of the different positions, and how to move into these positions
- The importance of correct breathing
- And more
- Part One introduces the warm ups and the first two standing exercises and outlines the sensations that you may feel when beginning or progressing to a new level.
- Part Two takes you on to the intermediate level, with a more powerful series of warm up exercises, and three more standing positions.
- The four most advanced postures are introduced in Part Three, along with "mentality exercises", which are visualization techniques used to enhance the effectiveness of the postures.



- Part Four explains how Zhan Zhuang can be incorporated into everyday life. The last chapter deals with the self-treatment of minor ailments.

Required Text/Materials:

No extra materials required. Included in the assignments.

Additional Information:

The techniques presented in this Course are available to people of all ages and levels of fitness. Chapter 9 gives programmes for those starting Zhan Zhuang at different stages of life, for example, in middle age, and for the elderly. It is very important to respect the advice on each of the exercises and not to skip ahead to try out something that is too advanced for you. Unlike keep-fit systems that set fixed regimes, Zhan Zhuang allows for your individuality. You can progress at your own pace, working carefully and systematically through the exercises, following the guidelines in Parts One to Three of this course. Once you are comfortable doing each exercise, you will be able to create a daily programme of your own, drawing on the postures and techniques you have learned. Like all good exercise systems, regular practice is essential. There is no point in rushing ahead, seeking instant results. Zhan Zhuang works on your internal energy patterns and usually manifests external results only after a few months. If you practise these exercises as part of your daily routine, you will continue to develop your internal power over a whole lifetime.

This course is brought to you by Aumvedas' very own Taoist Practitioner and Teacher, Catherine W Dunne.

Grading Scale:

Class is as follows, based on percentages:

90-100 = A, 80-89 = B, 70-79 = C, 60-69 = D, 0-59 = F

Timeline:

Students have 12 weeks to complete this course.



Certificate:

Students will receive a digital certificate of Accomplishment.

PayPal:

Course includes certification payment via PayPal and the Home Study link will be emailed to you.

Please ensure you give your corresponding email address, if different from PayPal Account.

Please return to Home Study page and follow the PayPal link