

Medical Qigong Self-Care Certificate Program



Fees (per 10-week class)

There are a total of three courses, and you "pay as you go" by registering for each course separately. The class fee includes a manual and DVD set for each class (\$60 value per set). The early discount deadline is approximately 14 days prior to class start. Refer to the early discount* deadline for each class on our Course Calendar at www.Bastyr.edu/Continuing-Education.

| | Early Discount | Regular |
|---------------------|-------------------|----------------|
| Professionals: | \$1,165 | \$1,395 |
| Bastyr Alumni: | \$1,065 | \$1,275 |
| Full-time Students: | | \$875 |
| Retake: | | \$396 |

To earn a Certificate of Competency, you must take all three courses – a total investment of approximately \$3,495.

*Register by the early discount deadline and save. The deadline is typically two weeks prior to class start (for dates go to the Course Calendar at www.Bastyr.edu/Continuing-Education).

Provide Compassion and Healthy Energy Exchange

Medical qigong activates, cultivates, balances, harmonizes, transforms and manages the Qi-energy for self-healing, self-care and the healing of others. Anyone can learn it, no matter what age or way of life. Our Medical Qigong Self-Care program trains health care practitioners to incorporate qigong into their personal and professional lives – to cultivate Qi and more Qi along the pathways to maintain their own health and avoid burnout in their professional practice.

Those who are able to synchronize their personal energy with the energy of the universe through cultivating Qi will maintain a healthier body and mind, as well as have greater insight, clarity and creativity. Additionally, due to increased internal Qi flow, Qi cultivators naturally experience the functions of the internal organs at a subtle energy level and, over time, come to understand the signals and sensations of the internal organs.

A unique aspect of qigong practice is that we can become deeply aware of the connection between the mind and the body, and use the information we receive from the body's communication network to facilitate our own healing process or that of others. Our program uses a modern approach to medical qigong that is a rich blend of ancient Chinese teachings, documented scientific research, and decades of personal practice and experiential understanding by Guan-Cheng Sun, the creator of Yi Ren Medical Qigong.

The Program is open to licensed health care professionals, other health/wellness practitioners in a client-practitioner relationship, and students in a practitioner program. Registration priority: First priority to those enrolling for the first time, and second priority to those who wish to retake the course.

Course Details

- Each 80-hour class (42 CPUs/PDAs) includes:
 - 45 hours of in-class instruction
 - 30 hours of qigong practice
 - About 5 hours of reading
- Each class is 6 days in length:
 - Two 2-day weekends, two 1-day weekends
- Times: 9am-5:30pm

**For up to date course listings,
visit our website or email us at
continuinged@bastyr.edu**

Medical Qigong Self-Care Course Descriptions:

Receive fundamental qigong and energy medicine training to develop the internal energy matrix and Qi-communication network for maintaining one's own vitality and health. This training will enhance the quality and efficacy of your professional skills, as well as provide protection from energy depletion during your professional work with clients/patients. To earn a Certificate of Competency, you must complete all three courses, 90 hours of qigong practice and pass the open-book exam with 80% or higher.

Medical Qigong Level 1: Yi Ren Medical Qigong & Internal Qi-Energy Activation

Prerequisite: You must be a licensed health care professional (or other health/wellness practitioner in a client-practitioner relationship, or student in a practitioner program).

The focus is on Yi Ren Medical Qigong (YRMQ) philosophy and the natural steps of internal Qi-energy activation, cultivation, grounding and circulation, as well as how they relate to basic qigong theory and principles. In addition, you'll explore methods and techniques for direct, experiential understanding of the functions of Du-Ren energy pathways in managing the activities of the autonomic nervous system.

Medical Qigong Level 2: Cultivation & Development of Internal Organ Energy Pathways

Prerequisite: Medical Qigong Level 1

Explore the methods of developing the 12 internal organ energy pathways (acupuncture meridians). Learn YRMQ practices for cultivating and clearing the internal organ energy pathways, such as the heart and small intestine energy pathway, and the kidney and bladder energy pathway. Explore five-element and meridian theories of qigong therapy. Gain an experiential understanding of the functions of the internal organs at the subtle energy level, as well as the relationships between emotions and their corresponding internal organs.

Medical Qigong Level 3: Cultivation & Development of the Extraordinary Energy Pathways

Prerequisite: Medical Qigong Level 2

Learn the techniques for developing the extraordinary energy pathways. Use YRMQ practices for cultivating the extraordinary energy pathways, including practices for the endocrine system and the internal organ interconnected energy pathways. Explore the functions of these extraordinary energy pathways at the subtle energy level.

Instructor Bio:



Guan-Cheng Sun, PhD

Guan-Cheng Sun is the core instructor of the program. He is the developer of Yi Ren Medical Qigong and founder of the Institute of Qigong & Integrative Medicine in Seattle. Sun earned his PhD in molecular genetics from the Graduate University for Advanced Studies in Japan in 1993.

Sun is also a qigong teacher with over 35 years of practice in a program which he began learning at the age of nine from his grand-uncle in China. His Yi Ren system of medical qigong allows a person to develop internal energy right away, so that one's own internal energy system activation and cultivation promotes the prevention and healing of chronic illnesses. Sun's understanding of modern molecular genetics and scientific principles, as well as his experience with internal energy cultivation, allows him to create a unique bridge between cultures.

Sun has conducted mind-body medicine and energy medicine research at Bastyr University, as well as teaching qigong academic classes. He is also the author of Yi Ren Medical Qigong - A Guide to a Better-Functioning Body and a Peaceful Mind, and Yi Ren Medical Qigong Manual I, II, III, IV, V and VI.



CANCELLATION, TRANSFER & REFUND POLICY: Please submit your request in writing (email, mail or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a processing fee (\$35 or 20 percent of fee, whichever is less). No refunds will be granted for cancellations made with less than the 14-day notice, nor for home study courses once the registration and payment have been processed. Returned checks will be assessed a \$28 fee. Participants registered for full courses will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.